



# PARTICIPANT GUIDE





## AAPCHO & Kammolol Ko

Association eo an Asian Pacific Community Health Organization (AAPCHO) ear ejaak ilo 1987 jen center ko an community health im rej jipañ ro edik jipañ ej etal ñan er im rej uaan Asian American (AAs), Native Hawaiians, im Pacific Islanders (NHPis). AAPCHO elukkun niknik in lelōñtak ainikien ro rejjab maroñ kenono ñan er make, ka-kobaiktok aolep bwe ren jermal ippen doon im bōk eddoin tel armej ro, ñan kōkmanmanlok ājmour im bidodo aer deloñe Aas im NHPis iloan wōt United States, territories ko, im freely associated states ko. Pacific Islander Center in Primary Care Excellence (PI-CoPCE) ear ejaak ilo 2017 eo ñan kōkmanmanlok ājmour eo an ri-Pacific Islanders ro ilo United States im U.S. Pacific kōn primary care support, research, workforce development, im community initiatives ko. Elap ijo kwonaan AAPCHO im PI-CoPCE ilo aer kar tōl an CDC's National Diabetes Prevention Program bōke im kattōre Pūrokraam in Bōbrae Tōñal eo nae etan AAPCHO's Pacific Islander Diabetes Prevention Program (PI-DPP), eo ear aikuij bōk jikin ñan kwalok aikuij ko rejenelok an jukjuk-in-pād ko an ri Pacific Islander ilo continental U.S. im U.S. Affiliated Pacific Islands ko jimor. Kemij kōjatdikdik bwe jipadpad im kōtōpar kein renaj jipañ kōkajoor lok im kōkmanmanlok ājmour eo an ri Pacific Islander ro im ebeben ko rellōñ rej beddo tok.

Kemij lewaj am naan in kammolol jen tumulal in buruōm ñan aolep rein uaan im lifestyle coaches ro an Arkansas Coalition of Marshallese kōn aer kar ukōt Malen in (Curriculum) ilo kajin Majōl.

Publication in ear itok jipañ jen grant, NU58DP006370, eo im jāān in jipañ rje itok jen Centers for Disease Control im Prevention (CDC) im jermal in printing im leto-letak eban kar walok ñe ear jab itok jipañ jen er. Enwōt ro rej bōk jāān in jipañ in, Association eo an Asian Pacific Community Health Organizations (AAPCHO) eo im jipadpad im kōtōpar eo an ej ñan kwalok aikuij ko an doulul in bōbrae tōñal purokraam ko an ri-Pacific Islanders ro.



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# Monokjen 1

## Kadkadin Pūrokraam in



## Ilo lajrak in katak in, jenaj kenono kōn:

- Jipadpad im kōttopar ko an pūrokraam in
- Kakōlkōl ko an nañinmij in tōña]
- Ewi wāwein am kōmmāne elmakot eo am
- Kōttōpar ko am ilo 6 a||ōñ

# Prediabetes



**Prediabetes ej melelein bwe joñan tōñal eo ilo botoktokum ele jen joñan eo eman, ejañin tōpar type 2 diabetes.**

- Eloñ lok jen 1 ibuljin 3 rito in America rej prediabetes.
- 9 ibwiljin 10 armij rej prediabetes ak ejelok aer jela kake.

Elañe kwo bed ilo prediabetes, elap lok am maroñ in:

- Tōñal (Diabetes)
- Joran ak naninmij in Menono ( heart attack)
- Mij rejet in enbwinim (stroke)

Naan eo eman in ke ñe kwonaj kadiklok eddo eo am, im kolablok am emakutkut enaj kadiklok kon jimetan am maron bok nañinmij in type 2 dabestes.



Ta tobrak ko im renaj walok ñan eok elañe kwonaj kadiklok eddo eo am im bed wot ilo am ājmour?

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Source: CDC



# Kōttōpar ko ñan Bōbrae T2

**Bōbrae T2** ej 1 iio aetokan. Pūrokraam in ej ñan ro rej prediabetes. Ej ñan ro rej bed ilo kauwotata in nañimij in tōñal, im rej konan kadiklok aer maroñ bok nañimij in tōñal.

## Kōttōpar ko am iloan 6 alloñ ej bwe kwon:

- ▶ Jolok 5 ñan 7 percent in joñan eddo eo am jen mokta
- ▶ Jolok 4 percent in eddo eo am im komane 150 minit in emakutkut ilo kajojo wiik
- ▶ Kadiklok HbA1C eo am kon 0.2 percent

## Ilo jemlokin alloñ kein 6, kōttōpar eo am bwe kwon:

- ▶ Debij wot joñan paun ko emoj aer jako
- ▶ Dabij wot kotopar ko emoj am karaoke, bareinwot HbA1C, mene kojanin topare.
- ▶ Jolok elaplok jonan eddo eo am, ak en jab laplok jen 1-2 paun ilo juon wiik
- ▶ Debij wot kotopar in am emakutkut kin 150 minit ilo kajojo wiik





# Kōttōpar ko ṅan bōbrae T2

## Kadiklok jonan eddo emaron:

- ▶ **Bobrae ak Karumijlok Type 2 diabetes**
- ▶ Kokmanmanlok am kiki, jolok metak ko ilo kojjom/di, im nañinmij in komelij
- ▶ Kadiklok am high blood im cholesterol
- ▶ Kokmanman am mour

## Kolaplok am emakutkut emaron:

- ▶ **Bobrae ak karmujlok type 2 diabetes**
- ▶ Kokajoor lok eok
- ▶ Jipañ kokmanmanlok am kiki
- ▶ Kadiklok am emelele, kabidodolok am jerbal im emakutkut
- ▶ Kokmanmanlok am mour
- ▶ Kadiklok blood pressure im cholesterol
- ▶ Kadiklok am maroñ bok nañinmij in menono im mij rejet in anbwinum
- ▶ Kadiklok inebata
- ▶ Kokajor lok muscle ko ilo anbwinum

## Melele ko kōn A1C

komaron bok melele ko relaplok kōn HbA1C ilo am lo lok CDC's All About Your A1C web page.

Jikin ro konej loe ie : [www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html](http://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html)



# Bwebwenato eo kon Alina

Doctor eo an Alina Nguyen ear jiroñlok e ke ebed ilo kauwotata in nañinmij in tōñal . Ear likun mijak im inebata. Botab, ke ekar roñ ke emaroñ bed ilo pūrokraam eo emaroñ in jipañ e bobrae ak karmujlok an maroñ bok nañinmij in tōñal ear likun in mōñōñō.

Ear jino an inebata im lomnak ewi wawen an naj koman oktak ilo e..

Elikin an bok purokraam in, ear jino an loe ke emaroñ koman oktak ilo mour eo an elañe enaj likun kate .

Alina ear loe ke bok kin jidik, tobrak ko rej walok ilo kajojo ran, Kōttōbar ko remaroñ tobrak ilo am komani buñton ko.

Wanjook, kin an Alina likun boub, ear wonmaanlok wot im komani buñton ko ñan makutkut ko an. Ear jino an etetal 15 minit lokin 1 ran. Kio, ear ettor 15 minit im komane 1 lelkan pushup ilo jota. Ear loe ke emaroñ bok mōñā ko ilo kuwait im vegetables ko rekwoj

Eliktata, Alina ear jino an katak loor joñak eo ear karoke, ilo ien ko relap an baamle ej mōñā|botab ej loor joñan eo ear karoke. Ear jelā bwe ñe enaj kadiklok an mōñā enaj lap tōprak enaj walok

# Kadkad in pūrokraam in

## Pūrokraam:

- ▶ Action Plan Journal
- ▶ Log in Emakutkut ko
- ▶ Log in Mōñā
- ▶ Log in joñan Eddo
- ▶ Schedule in Kilok ko
- ▶ Ñan Melele ko relaplok

## Mokta jen jino ekatak:

- ▶ Kwalok ñan coach eo am joñan paun eo am
- ▶ Kajitok elañe ewor am kajitok

## Iloan jet week:

- ▶ Kwalok ñan coach eo am  
Activity Log eo am

Coach eo am enaj record e makutkut ko am bar einwot kwe. Enaj jipañ eok ilo am wonmanlok

## Mokata jen jino ekatak:

- ▶ Mōñā ko rekkar
- ▶ Kolablok am emakutkut
- ▶ Koman oktak ilo mour

# Wawein Ko Am Make Nan Kokmanmanlok

The Personal Success Tool (PST) modules are interactive motivational tools ñan jipañ eok drebij katak kein rekāāi ilo kolmelokjen eo am. Renaj jipañ eok komani men kein kwar katak ilo kajojo ran, im koman bwe ren kurmol ilo am ekatak im wonmanlok.

Katak kein rekamōŋōŋ bareinwot video kein, quizz, game ko, im resources ko renaj jipañ eok ilo am wonmanlok ilo kōttōpar in am. Kwomaroñ komani katak kein am ilo computer, smartphone, tablet, device ko jet ñe ewor internet.

Kwomaroñ bar etali ilo Personal Success Tool - Participant Overview handout ñan melele ko rellap lok.

[www.cdc.gov/diabetes/prevention/pdf/PST\\_ParticipantOverview\\_508.pdf](http://www.cdc.gov/diabetes/prevention/pdf/PST_ParticipantOverview_508.pdf)





# Type 2 Diabetes (Naninj in Tonal)

Ilo am mōñā, enbwinum ej liklik mōñā ko ñan glucose, juon nememin juka.

Armij ro ejjelok aer type 2 diabetes, juon hormone etan insulin ej jipañ bwe juka en etal jen botoktok im deloñ ilo cell ko. Ejipañ kokajjor lok cell ko ilo anbwinum.

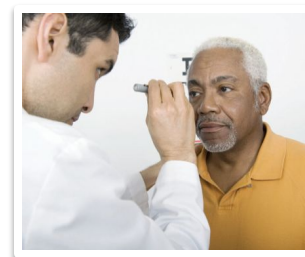
Armij ro ewor aer type 2 diabetes, enbwinum ejab eman an komman ak kojebal insulin. Kon menin edeloñ lok jukka ilo botoktok im jab etal ñan cell ko. Ekomman bwe cell ko ren mojno.



# Type 2 Diabetes (Naninj In Tonal)

## Type 2 diabetes emaroñ kakkure:

- Menono im ial in botoktok, im maroñ komman bwe kwon heart attack im strokes
- Nerve ko ilo anbwinum
- Kidney ko, ekomman bwe ren jab jermal.
- Mej ko, remaroñ in bilo
- Nee ko, remaroñ jebjeb
- Ñii ko ñium
- Kiilūm

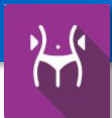




# Type 2 Diabetes( Naninmij In Tonal)

## Elap lok am maroñ bok type 2 diabetes elañe:

- Elap jen joñan am eddo
- Elap am jijet bajok ak babu
- Ewor type 2 diabetes ippen jinom ak jemom, ak ro jeium im jatum
- Kwe African American, Hispanic, Native American, ak Asian American
- 45 am iio ak rito lok. Emaroñ ilo an dik am emakitkit im lap lok joñan eddo eo am, type 2 diabetst ej bar eddoklok ibwiljin jodikdik ro.
- Ewor nañinmij tonal ippam ilo ien am bororo (gestational diabetes)



# Kōttōpar ko am iloan 6 alloñ

## Iloan alloñ kein 6:

Inaj komman diktata 150 minit in emakutkut ilo kajojo wiik kon joñan eo eman ak laplok

## Kōttōpar eo am iloan 6 alloñ:

Juon ian kōttōpar ko bwe kwon maroñ kadiklok 4 to 7 percent in eddo eo am iloan 6 alloñ.

Joñan eddo eo ao kio _____ pounds.	Rainin: _____
<b>Iloan 6 alloñ, inajl:</b>	
Luuji diktata (kalet juon) <input type="checkbox"/> 4 % <input type="checkbox"/> 5 % <input type="checkbox"/> 6 % <input type="checkbox"/> 7 % joñan eddo in enbwinu	
Luuji diktata _____ paun.	
Topar _____ paun, 6 alloñ jen kio.	





# Kojerbal Chart in

## Waanjonak:

Elañe joñan eddo eo am ej 200 paun,

1. Bikot “200” ilo Column blue ne ej ba “Wt.”  
Ej jutak kin jinoun eddo eo am kwar jino kake.
1. Nomba ko jilu tuanbwijmaron in paun eo am mokta (200), ej dettan paun eo kwoj aikuj luuji elañe kotopar eo ej 4%,5%, 6% or 7% in joñan eddo eo am..

4% in 200 paun= 8 paun

5% in 200 paun = 10 paun

6% in 200 paun = 12 paun

7% in 200 paun = 14 paun



Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
182	7	9	11	13	208	8	10	12	15
183	7	9	11	13	209	8	10	13	15
184	7	9	11	13	210	8	11	13	15
185	7	9	11	13	211	8	11	13	15
186	7	9	11	13	212	8	11	13	15
187	7	9	11	13	213	9	11	13	15
188	8	9	11	13	214	9	11	13	15
189	8	9	11	13	215	9	11	13	15
190	8	10	11	13	216	9	11	13	15
191	8	10	11	13	217	9	11	13	15
192	8	10	12	13	218	9	11	13	15
193	8	10	12	14	219	9	11	13	15
194	8	10	12	14	220	9	11	13	15
195	8	10	12	14	221	9	11	13	15
196	8	10	12	14	222	9	11	13	16
197	8	10	12	14	223	9	11	13	16
198	4%	5%	6%	7%	224	9	11	13	16
199	8	10	12	14	225	9	11	14	16
200	8	10	12	14	226	9	11	14	16
201	8	10	12	14	227	9	11	14	16
202	8	10	12	14	228	9	11	14	16
203	8	10	12	14	229	9	11	14	16
204	8	10	12	14	230	9	12	14	16
205	8	10	12	14	231	9	12	14	16
206	8	10	12	14	232	9	12	14	16
207	8	10	12	14	233	9	12	14	16

Elane kōttōpar eo am bwe kwon luuji 7% in eddo eo am, kwoj aikuj luuji 14 paun!

Handout: Weight Loss by Numbers Chart



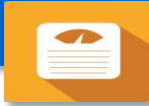
# Wawen kojerbal chart in Numba

Wt	4%	5%	6%	7%
130	5	7	8	9
131	5	7	8	9
132	5	7	8	9
133	5	7	8	9
134	5	7	8	9
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155	6	8	9	11

Wt	4%	5%	6%	7%
156	6	8	9	11
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160	6	8	10	11
161	6	8	10	11
162	6	8	10	11
163	7	8	10	11
164	7	8	10	11
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180	7	9	11	13
181	7	9	11	13

Wt	4%	5%	6%	7%
182	7	9	11	13
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186	7	9	11	13
187	7	9	11	13
188	8	9	11	13
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206	8	10	12	14
207	8	10	12	14

Wt	4%	5%	6%	7%
208	8	10	12	15
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212	8	11	13	15
213	9	11	13	15
214	9	11	13	15
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233	9	12	14	16



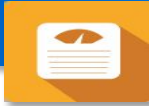
# Wawen kojerbal Chart in

Wt	4%	5%	6%	7%
234	9	12	14	16
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236	9	12	14	17
237	9	12	14	17
238	10	12	14	17
239	10	12	14	17
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251	10	13	15	18
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253	10	13	15	18
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258	10	13	15	18
259	10	13	16	18

Wt	4%	5%	6%	7%
260	10	13	16	18
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263	11	13	16	18
264	11	13	16	18
265	11	13	16	19
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268	11	13	16	19
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284	11	14	17	20
285	11	14	17	20

Wt	4%	5%	6%	7%
286	11	14	17	20
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309	12	15	19	22
310	12	16	19	22
311	12	16	19	22

Wt	4%	5%	6%	7%
312	12	16	19	22
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316	13	16	19	22
317	13	16	19	22
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335	13	17	20	23
336	13	17	20	24
337	13	17	20	24



# Wawen kojerbal Chart in

Wt	4%	5%	6%	7%
338	14	17	20	24
339	14	17	20	24
340	14	17	20	24
341	14	17	20	24
342	14	17	21	24
343	14	17	21	24
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362	14	18	22	25
363	15	18	22	25

Wt	4%	5%	6%	7%
364	15	18	22	25
365	15	18	22	26
366	15	18	22	26
367	15	18	22	26
368	15	18	22	26
369	15	18	22	26
370	15	19	22	26
371	15	19	22	26
372	15	19	22	26
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385	15	19	23	27
386	15	19	23	27
387	15	19	23	27
388	16	19	23	27
389	16	19	23	27

Wt	4%	5%	6%	7%
390	16	20	23	27
391	16	20	23	27
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411	16	21	25	29
412	16	21	25	29
413	17	21	25	29
414	17	21	25	29
415	17	21	25	29

Wt	4%	5%	6%	7%
416	17	21	25	29
417	17	21	25	29
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439	18	22	26	31
440	18	22	26	31
441	18	22	26	31

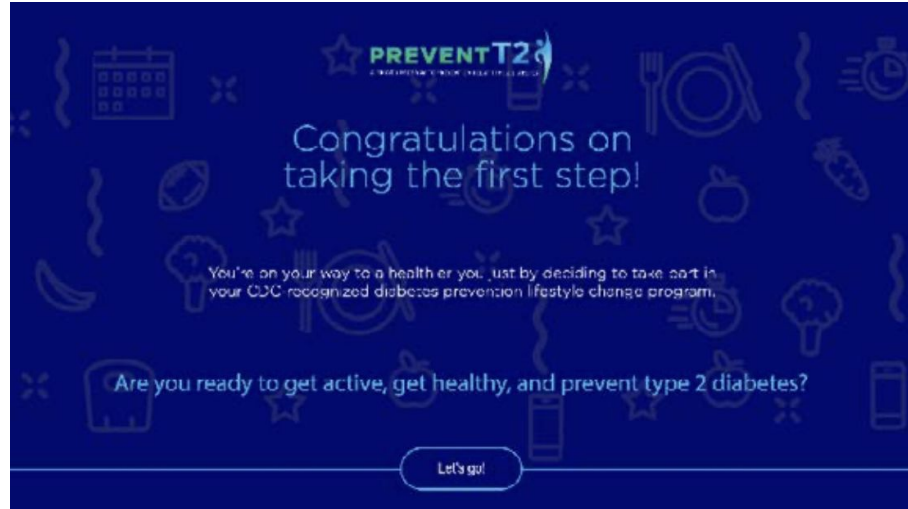


# Lomank In Komman Wonmanlok

## Wujleplok eok ñan Module im Personalized Pledge

Menin “Wujleplok eok ñan komman oktak” monakjen ekalikar ke rainin ej kwalok testimonial video ko im melele ko kon wawen an pūrokraam in naj jipañ eok. Ej kojjemlok kon pledge eo kwomaroñ kommane juon am kōttōpar eo kwonaj signi im printi.

## Wujleplok ñan komman oktak



[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1)

# Lomnak in koman wõnmanlok

kalimur

**PREVENT T2**  
A PROGRAM PROVIDED BY THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Redefine your goals. Recommit to yourself. Make healthy living a habit.

Now that you're a few weeks into your program, it's important to stop and reflect on your goals. What has been working? What has been holding you back?

Let's go!

[www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1](http://www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1)



## Mōṇakjen 2

# Emakutkut ñan bōbrae T2 diabetes





# Itak ko nan kate yuk bwe kon kejbarok ãjmour

Lap am emakutkut emaroñ jipañ bobrae ak karumij lok am bok nañinmij in tñal.

## Jenaj kenonono kon:

- Emman ko an emakutkut
- Waween ko ñan emakutkut



Tip ko:

- ✓ Kajjeoñ kolaplok am emakutkut iloan wiik in
- ✓ Kajjeon makutkut ko reoktak jen droon.  
Kwonaj loe juon waween makutkut eo eman ippam.





# Emman eo an emakutkut

## Emakutkut emaroñ jipañ kadiklok am bok nañinmij in tōñal

1. You burn more calories from the food you eat
2. It lowers your blood sugar. It does this by making your cells better able to use insulin to take up blood sugar.

## Ta in Calorie?

- calorie ej joñan energy eo
- kwoj boke jen dren ko im mōñā ko

## Ta emman ko remaroñ walok ñan eok elañe elap am emakutkut?

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# Bwebwenato eo kōn Theo

Teo ebed ilo kauwotata in nañinmij in tōŭñal. Doctor eo an ear rojan e bwe ej aikuj luuji 20 paun im emakutkut 150 minit ilo kajojo week.

Teo im kōra eo ippen ewor 5 nejiero. Ajri rein rej bed ilo elo kain ikkure ko, ej jolok elap iien ñan bolok ajiri rein ñan ien game ko aer.

Teo ej full time rijerbal. Ilo Wiikeen, ebar wor an part-time jerbal. Ñe ej melak ien ko an, ej alooj TV, ak ejeja an ikkure. Elap wot an jolok ien ilo jijet bajok.

Ta ko kwoamroñ rejañ Teo bwe en kommani? Ewi wawen an kolaplok an emakutkut?

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# Wawen ko ñan kolaplok am emakutkut

**Eloñ kain emakutkut ko konaj komani, ak konaj loe wot juon iaer eman ippam. Jet kein idea ñan am lali.**

1. Elikin am readi 6 page ilo book eo, jutak im emakutkut.
2. Emakutkut ko eman joñaer ilo ien game ko an ajri ro nejim ak jipum .
3. Ikkure ippen ajiri ro nejim ak menin mour ko 15 ñan 30 minit ilo kajojo ran.
4. Ukot jen uwe ilo wa ilo Jabot ñan etetal ilo Jabot.
5. Ettor ak etetal ekairir ilo am komani jet jermal.
6. Jino juon emakutkut kāāī, einwot bajkol, hike.
7. Etetal elikin am kejota ippen baamle eo am ak ippam make.
8. Joñe joñan emakutkut ko am ilo pedometer. Etetal 10,000 ne ilo kajojo ran .
9. Ñe kwoj alooj TV, jutak im emakutkut ilo karelel ko .





# Wawen bwe en laplok am emakutkut?



10. Etetal ne kwoj kenono ilo talphone.
11. Etetal mokaj ilo am kaikujukuj.
12. Etetal ilo escalator ko ijelokin am weaak ie.
13. Etetal ippen kidu eo nejim kajojo ran.
14. Ñe kwoj aloj TV, jutak im etetal ilo ien karelel ko ilo pija eo, ak komani jermal ko.

**Juon buntun ne ñan ao naj komane ilo wiik in:**

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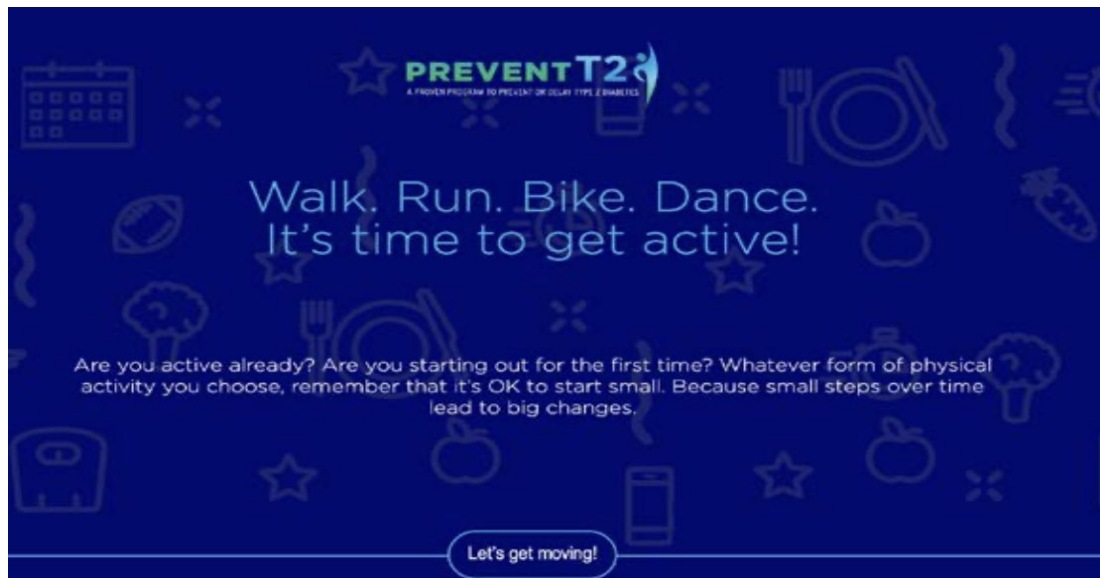
Source: American College of Sports Medicine (<https://www.acsm.org/docs/brochures/reducingsedentary-behaviors-sitting-less-and-moving-more.pdf>) and Heart Foundation (<https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf>)



# Elmakote Kōttōpar eo am

## Bōk emakitkit ko ilo manōkjen kein

“Kollaplok Emakutkut” Katak kein ewor quiz ko ie, emakutkut ko rekkar ñan eok, im likit am enaan ikijen joñan level in emakutkut ko am, im bojak ñan komman oktak.



[www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html)

# Lōmṇake joñan emakutkut eo am



## Elmakote joñan emakutkut eo am

### Kobojak ke ñan kolaplok am emakutkut?

Kojobal planner ko ñan komane kōttōpar ko am, kelet emakutkut eo eman ippam, bok tip ko rekanoj jipañ eok. Ñe ededelok, printi elmakot eo am im joñe emakutkut ko am ilo aolepen wiik in.

[health.gov/moveyourway/activity-planner](https://health.gov/moveyourway/activity-planner)





# Kwo pojak ke an kōlaplok am emakutkut?

**Mark e melele ko ilal im remool ñan kwe. Elañe kwonaj mark e eloñlok jen juon, kwoj aikuji in kebaak takto eo am mokta jen am likun komani makutkut ko relap.**

- Elap lok jen 50 ao iio, im ejab kanoj lap ao emakutkut. Ij lomank in kolaplok ao emakutkut.
- Ij bororo kio. Takto eo ao ejjanin rejan io bwe en laplok ao emakutkut.
- Elap ao ikkijelok jekdoon ne jidik ao emakutkut.
- Ewor jet ao nañinmij rejab ellajrak ijin takto eo ao ej aikuji lale mokta jen ao kollaplok ao emakutkut
- Ewor ao joran in menono. Takto eo ao ej aikuji in likun lale wot joñan ao emakutkut .
- Ewor ao metak op ear ijino ilo alloñ eo lok.
- Eitok wot bwe in lotlok ñe ij adipoulul.
- Ilo ien ao emakutkut , ij kijoñ eñjake an metak kenwao, tuanmiiñ, ak pa ka peiu.
- Takto eo ao ekonan bwe in bok uno in high blood im storke.



Source: American Heart Association ([http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm\\_432990.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_432990.pdf))



# Kolaplok am emakutkut im Kojparok

## Elañe kwoj eñajake metak,bojrak jen am emakutkut.Kejparok wot.

- ❑ Emakutkut eo emera im eman ñan aolep. Elañe, ewor nañinmij ko jet ak ejab likun lap am emakutkut, ewor utamwe, ak liku lap am eddo, kenono ippen takto eo am mokta jen am jinoe emakutkut.
- ❑ Konak nuknuk im jodi ko rekar. .
- ❑ Idaak aiboj mokta, ilo ien eo, im elikin am emakutkut, jekdroon ne kojab maro.
- ❑ Bokake ta eo enbwinim ej ba. Kadikdik ak bojrak elañe kolikun mok, nañinmij, ak lotlok im ilo ien an metak makoj ko ilo enbwinim.
- ❑ Katak exercise ko rekkar, fitness level.
- ❑ Jinoe kin jidik im koman bwe en eman jokkin.
- ❑ Warm up mokta jen am likun jinooe. Cool down elikin am emakutkut. Bok 5 nan10 minit.
- ❑ Kelet activity ko eman jonaer.
- ❑ Jerbal ekar ñan mejtoto eo. Emakutkut iloan mweo ñe elap an bwil ak molo. Elañe elap an bwil komaroñ metak bar ak lap am emenono. Komaroñ adiboulul, molanloñ, ak lotlok.
- ❑ Kojerbal form ko rekar.
- ❑ Elañe kwoj aikuj kakije jidik jen am emakutkut kin nañinmij ko, bar jinoe ilo am jidik kake nan am rol ñan joñan eo mokta.

Sources: U.S. Department of Health and Human Services, "Physical Activity Guidelines for Americans, 2nd edition"(www.health.gov/sites/default/files/2019-09/Physical\_Activity\_Guidelines\_2nd\_edition.pdf).

CDC, "Physical Activity Basics" (www.cdc.gov/physicalactivity/basics/index.htm).

# Wawen ella jen kabañbañ



Emaroñ likun kabañbañ. Jet ian kabañbañ ko im wawen jerbali. Jei idea ko am ilo column eo ej ba “Wawenellā jen kabañbañ.” Kōkaleik idea ko.

Kabañbañ	Wawen namejlan	Wawen ko jet
Elap an bwil, emlo, ak tutu inaboj.	<input type="checkbox"/> Exercise loan mweo	<input type="checkbox"/> _____
	<input type="checkbox"/> Kōᅇak nuknuk ko rekkar	<input type="checkbox"/> _____
	<input type="checkbox"/> Aō ilo lake ko	<input type="checkbox"/> _____
	<input type="checkbox"/> Kobalok ilo kurup ko ilo online	<input type="checkbox"/> _____
Ejjelok ao ien emakutkut.	<b>Komman bwe en wor am ien emakutkut:</b>	<input type="checkbox"/> _____
	<input type="checkbox"/> 150 minit ilo eloñ mōtton ko.	<input type="checkbox"/> _____
	<input type="checkbox"/> Park ijoko retolok jen jikin eo kwoj jipadeklok.	<input type="checkbox"/> _____
	<input type="checkbox"/> To jen bus eo ak train juon jikin bojrak mokta jen jikin bojrak eo am.Etetal ñan mweo	<input type="checkbox"/> _____
	<input type="checkbox"/> Etal ilo jikinuwe ko ijelokin elevator.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kojerbal fitness app ko.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____

# Wawen ellā jen kabañbañ



## Kabañbañ

## Wawen namejlan

## Wawen ko jet

**Ejjelok ao ien emakutkut.**

### **Komman bwe en wor ien ilo kabijuknen:**

- Komokajlok am etetal ippen kidu eo.
- Kwon mop im biruum ilo speed eo emokaj.
- Kwal wa eo wam ilo juon speed eo emokaj.
- Kokankan, sit up, ak pedal ilo am aloj TV.
- Kwon loan mor e ujoj kon kein loan more ko kwoj buli. Ak rak e bolok ko.
- Ekkat veggie ak ut ko

### **Komman bwe en wor ien emakutkut:**

- Bok “mokaj” etetal ilo ien coffee ak mona in raelp. Kajjitok ippen motam bwe en iwoj ippam.
- Bok konam ilo purokraam in emakutkut ko.
- Kobalok ilo gym ko. Bojrak lok mokta im elikin jermal, ak ilo ien mona in realep eo am.
- Kobalok ilo kurup in eku ko.
- Kojermal copy machine ko ilo side ko jet.

# Kabanban ko

Kabanban ko	Na Mejalan Kabanban ko	Na mejlan aban ko
<b>Ejjelok rej lale ajiri ro.</b>	<input type="checkbox"/> Emakutkut ippen ajiri ro. <input type="checkbox"/> Lelok ajiri ro nan ro mottam. <input type="checkbox"/> Kajitok ippen baamle ak ro mottam. <input type="checkbox"/> Kojerbal gym childcre ko.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Ejjelok wao wa.</b>	<input type="checkbox"/> Jerbal ilo town eo am.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Elap ao ejokok.</b>	<input type="checkbox"/> Jerbal melan eo am. <input type="checkbox"/> Jerbal ippen ro mottam.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Bukon eo ij bed ie ejab safe.</b>	<input type="checkbox"/> Jerbal ilo melan eo am. <input type="checkbox"/> Jerbal ilo gym ak community center ko.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Elap an lap onan.</b>	<input type="checkbox"/> Komani emakutkut ko ejelok onaer. <input type="checkbox"/> Wia nuknuk im kein jerbal ko rej on sale.. <input type="checkbox"/> Kabikot fitness class ko ejelok onaer..	<input type="checkbox"/> _____ <input type="checkbox"/> _____

# Kabañbañ ko

Kabanban	Na mejelan kabañbañko	Na mejelan kabañbañ ko
<b>Elikun jab kaitoktok limo.</b>	<input type="checkbox"/> Eb. <input type="checkbox"/> Ikkure ippen ajiri ro. <input type="checkbox"/> Emakutkut ippen eo mottam. <input type="checkbox"/> Kojerbal fitness app.. <input type="checkbox"/> Exercise ilo ien am ronjake al ko ak kenono ilo talpoon . <input type="checkbox"/> Kajion elon kain emakutkut ko mae ien konaj loe emakutkut eo eman ippam.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Ekamokmok im kemetak.</b>	<input type="checkbox"/> Kajitok ippen takto eo, emakutkut ta eo ekkar nan eok. <input type="checkbox"/> Jerbal ilo am kojbarok. <input type="checkbox"/> Jerbal in ran elane elap am kajoor. <input type="checkbox"/> Kadikdik etetal ak ao. <input type="checkbox"/> Kwon yoga ak Tai Chi.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Kabok bora.</b>	<input type="checkbox"/> Jerbal ilo an eman mejatoto. <input type="checkbox"/> Kajion kojerbal kein hair product ko.	<input type="checkbox"/> _____ <input type="checkbox"/> _____





## Monakjen 3

# Joñe emakūtkūt ko





## Joñi makūtkūt ko emaroñ bōbrae ak karimujlok am bōk nañinmij in tōñal.

### Jenaj kenono kōn:

- Unin joñi joñan emakūtkūt ko
- Ekōjkan am joñi emakūtkūt ko



### Tip ko:

- ✓ Kōjerbale Activity Log ñan joñi minit in emakūtkūt ko.
- ✓ Kwalok Activity Log eo am ñan Lifecoach eo am mokta jen ijino kilaj.
- ✓ Joñe “iiūm/mokaj” in emakūtkūt eo kwoj maroñ in kōmmane ilo ien eo kwoj kenono talpoon ak ilo ien eo kwoj al.
- ✓ Ekobain makūtkūt ko aolep ran! Enwot buruum i loan mweo ak jebi ujoj ko inabōj in mweo.

# Unin joni emakutkut ko



## Unin joni emakutkut ko?

Men ko jet komaron in joni?

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Jej jone jonan eddo eo ad nan kotobar eo nan tobare iumin 6 allon. And we track progress toward our 6-month activity goal—to get at least 150 minutes of activity each week.

Both goals (weight loss and activity) help you lower your risk of type 2 diabetes



# Ewi wawein am joñi makūtkūt

## Wāwein am joñi makūtkūt ko am:

- Watch
- Clock
- Timer
- Fitness tracker
- Smart-phone apps
- Computer apps



## Wāwein record e minit in emakūtkūt:

- Spiral notebook
- Spreadsheet
- Fitness tracker
- Smart-phone apps
- Computer apps
- Voice recording



Ilo mool, kwonaj kōnan record e minit ko ilo Activity Log eo am.

# Bwebwenato eo an Chris



Ebidodo joñe, ak abañ ko remaroñ komman bwe kwon jab joñi emakūtkūt ko.

Chris ej iioni abañ kein im rejelot e. Ekomman menin an jab likun komani makutkut ko.

Chris ejañin kar likjab ilo an komani makūtkūt ko an. Ilo an ajiri rein ritolok, elap wot an lale aer emakutkut, ijelokin an nej kar emakutkut ippeir. Jijet bajok ilo table eo an ak iloan car eo waan ej juon ian kabañbañ ko. Ejab maroñ kememej in record e makutkut ko an ne ej boub ippen ajiri ro nejij ilo ien kōkmelmel ko aer. Enañin aolep ien, ejelaok an ien etal im eien kiki..

**Ta naan in rojañ ko am ñan Christ?**

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# Wāwein namejlan kabañbañ ko

Emaroñ bin joñe emakūtkūt ko. Errein ej jet ian abañ ko im jemaroñ jelmaiki. Jeki elmakot ko am ilo column ne “Wāwein namejlan.”

Kabañbañ	Wāwein namejlan	Wāwein nammejlan
<b>Elap ao boub.</b>	<input type="checkbox"/> Kōmman ien n̄an am joñe emakūtkūt ko am.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kememej unin am joñe—ej n̄an am kadiklok am maroñ bōk nañinmij in tōñal.	<input type="checkbox"/> _____
<b>Ejjab emman ao read im jeje.</b>	<input type="checkbox"/> Kanne ainikiom ilo smart-phone ak device ko jet.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajjitok ippen mottam ak baamle eo am bwe ren jipaṇ jeiki minit ko am ilo Fitness log eo am.	<input type="checkbox"/> _____
<b>Elap ao kijoñ meloklok!</b>	<input type="checkbox"/> Komman bwe en juon iminene ilo am jeiki emakutkut ko am.	<input type="checkbox"/> _____
	<input type="checkbox"/> Likit kein kakememej ilo phone eo am ilo calendar.	<input type="checkbox"/> _____
	<input type="checkbox"/> Set e ilo watch ko.	<input type="checkbox"/> _____
	<input type="checkbox"/> Likit ilo note ko kwomaroñ loi ijo ealika.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajjitok ippen ro mottam ak ro nikum bwe ren jipañ kakememej eok.	<input type="checkbox"/> _____
<b>Ijab mōṇōṇō in kommane.</b>	<input type="checkbox"/> Jeiki topak eo am idibin wall eo ak ilo online.	<input type="checkbox"/> _____
	<input type="checkbox"/> Reward eok make (Ejab kon mona)kōn an tobrak kottopar eo am .	<input type="checkbox"/> _____
	<input type="checkbox"/> Jiae ippen eo mottam eo emaroñ jipañ eok jeiki emakutkut ko.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajjioñ je ilo smart-phone im computer app ko.	<input type="checkbox"/> _____

# Wāwein namejlan kabañbañ ko

Kabañbañ	Wawein namejlan kabañbañ	Wāwein namejlan kabañbañ
Je naan ko am make	<input type="checkbox"/>	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Je naan ko am make	<input type="checkbox"/>	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Je naan ko am make	<input type="checkbox"/>	<input type="checkbox"/> _____ <input type="checkbox"/> _____
.		<input type="checkbox"/> _____ <input type="checkbox"/> _____

# Elmakote Kottopar Eo Am

## Loori karok ko kōn emakūtkūt

“Joñi Makūtkūt” Katak kein rej jipañ eok kalikar emakutkut ko ilo kajojo ran ñan am topar kottopar eo am kōn 150 minit kajojo wiik. Katak kein rej jipañ eok bwe kwon maroñ ellā jen kabañbañ kein.

**PREVENT T2**  
A PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Every minute matters.

Tracking your physical activity is the best way to be sure you hit your 150-minute goal each week. It helps you remember. It keeps you accountable. It's the best way to see how far you've come!

Are you making every minute count?

Let's find out!

[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3)



## Module 4

# Kejbarok kijōm ko rekkar ñan bobrae T2



# Session Focus



## Mōñā ko rekka renaj bobrae ak karmujlok am bōk type 2

- Mōñā kwoj keleti, kwoj jab buki, kadikdik

## Kwonaj koman elmakot kaal!

### Mōñā

- ✓ Kelet mōñā elap fiber e, vitamins, and minerals, ko rebed ilo vegetable, whole grains & fruit
- ✓ Kōmman oktak ilo mona ko kijom im kadiklok am bok mōñā ko rededelok im bed ilo can
- ✓ Kajioñ jab buki mōñā ko edik nutrient im lap calories.

### Kememej Key point kein:

-Kojerbal “Diabetes Plate Method” einwot juon men eo kwoj lore nan koman jonak in mona eo ejejet nan ajmour jen vegetable, kaniek, and carbohydrate ko.  
-Koman bwe jonak in mona eo kijom en eman jonan kon vegetables, en jab lap kuriij, im lap komakmok ko. -Kalikar wawein ko rekka nan am bok wawein mona ko rejmour im ebidodo komani..

# Kalon lok mona in ejmour ko



## Kenno eo aō!

Ewi joñan mōñā eo kijōm? Kōjērbal pija in itulal ak plate pepa ñan joñe. Kōmmāne juon line ñan joñe joñan protein, vegetable, makmōk/carbohydrate. Label e section kein.

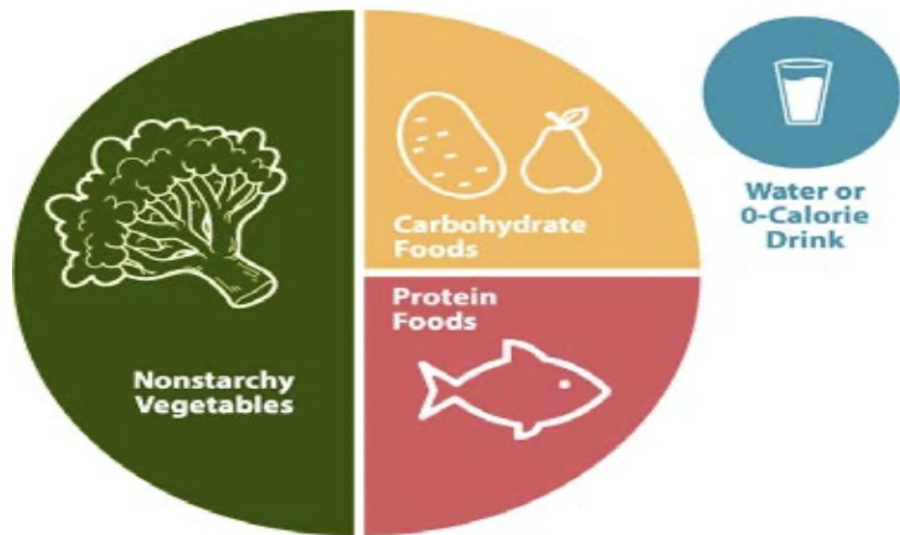




# Juon Mōñā eo ājmour

## Jōkjōk in pileij eo:

Ñan kalikkar mōñā in ājmourl. Kojerbal karok kein, kwomaroñ kobaik mōñā in ejmour ko vegetable, protein, im carbohydrate— ilo am jab bwini ak joñi.



## Ijjino eo:

- Kajjoñ bwe en jimettan pileij eo am kōn non-starchy veggies (einwot broccoli, lettuce, peppes).
- $\frac{1}{4}$  pileij eo en grains im kōmakmōk ko einwot potatoes, oatmeal).
- $\frac{1}{4}$  pileij eo kin protein (einwot bao, ek, im kaniek ko edik kirij ie).

\*Plate Method by  
the American  
Diabetes Association

# Mōñā in Ājmour









## Lōmnak kon mōñā ko jet im remaroñ in ekkar ñan pileij eo am.

- 1 cup in skim milk
  - o Kememej bwe:
    - Dairy ko rej letok protein im calcium.
    - Dairy ej letok carbohydrate (milk, yogurt).
- Jidik leenwojke (1 apple, ½ a banana, ½ cup in berries)
  - o Kememej bwe:
    - Fruit ej letok carbohydrates.
- Idaak den ko ejjelok calorie ie (aebōj, sparkling water, coffee ejjab juka)

# Kālet mōñā in Ājmour



## Mōñā in ājmour ko jet

Breakfast	Lunch	Dinner
		
Acai fruit smoothie bowl with berries and fresh fruits	Two chicken salad wraps	Shrimp with mixed vegetables
		
Oatmeal with apple slices, almonds, honey, and cinnamon	Black beans crust pizza with corn, spinach, tomatoes, black beans and red onion	Pan roasted Cajun seasoned salmon, served with organic steamed vegetables, bell peppers, squash, carrots, and zucchini

# Kālet mōñā ko rekkar



## Melele kōn mōñā ko emoj aer processi Ta oktak ko?



A processed food is one that's been altered from its original form.

Less Processed



More Processed

Apple 	Peeled Apple 	Applesauce 	Apple Juice 
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat 









# Kālet mōñā ko rekkar



Less Processed



More Processed

<p>Whole Chicken</p> 	<p>Chicken Pieces</p> 	<p>Canned Chicken</p> 	<p>Chicken Nuggets</p> 
<p>Steel Cut Oats</p> 	<p>Old Fashioned Oats</p> 	<p>1-Minute Oats</p> 	<p>Instant Oatmeal Packets</p> 





# Mōñā ko kwon kāleti

## Smart Swaps:

You can make small changes to adjust the amount of processed foods in your diet. Here's a chart to help you choose smart swaps:

Less Processed



More Processed

Whole Grain Crackers  
and Cheese Slices



Cheese-Flavored  
Crackers



Cheese Puffs



## Tips:

- ✓ Jelā mōñā ko edik juka, kirij, im salt–ekka an walok ilo mōñā ko emoj ukoti
- ✓ Kālet mōñā ko rekkar, ko ej aikuj dik am buki
- ✓ Kālet mona ko ewor fiber, vitamin, and mineral, found in vegetable, whole grain, leenwōjke
- ✓ En jab lap am bōk jelele ko emoj likit ilo kuwat, einwot bao, ek,
- ✓ Buki jelele ko emoj juloki kūl ko aer



# Kālet mōñā ko rekkar

Less Processed



More Processed

<p>Piece of Fruit</p> 	<p>Canned Fruit</p> 	<p>Fruit Juice</p> 
<p>Coffee Brewed at Home</p> 	<p>Mocha Latte at Coffee Shop</p> 	<p>Can of Mocha Latte</p> 
<p>Scrambled Eggs with Vegetables and Herbs</p> 	<p>Cheese and Veggie Frittata</p> 	<p>Frozen Egg and Cheese Sandwich</p> 
<p>Tap Water with a Lime Wedge</p> 	<p>Sparkling or Fizzy Lime-Flavored Soda Water from Can/Bottle</p> 	<p>Sugar-Sweetened Soda/Pop with Lime Flavoring</p> 

**Eñin ej wāwein eo inaj  
kōmmāne ilo wiik in:**

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# Mōñā ko kwon kāleti



## Vegetable ko ejelok komakmok ie:

- Tomato
- Onion
- Cucumber
- Cabbage
- Peppers
- Bolok kuriin einwot collard greens, kale, im mustard greens
- Mushrooms
- Lettuce
- Celery
- Carrots
- Broccoli
- Asparagus
- Okra
- Radishes
- Squash einwot bitter melon, spaghetti squash, im zucchini
- Water Chestnuts



## Grains im mona ko rekomakmok:

- 100% whole grain cereal
- 100% whole grain wheat bread
- Brown Rice
- Corn
- Potato
- Banke
- Yam
- Lentil
- Green Pea
- Corn
- Black Beans
- Black Eyed Peas
- Kidney Beans
- Garbanzo Beans
- Dried Peas
- Oatmeal
- Popcorn
- Potatoes
- Lima Beans



Sources: CDC, ADA

# Mōñā ko kwon kālet



## Jelele ko:

- lep (jidik ialo)
- Ek im mōñā in lojet
- Jelele ( ground beef, chicken, turkey ejelok kilin, lojeen biik)
- Nut(jidik wot kin ke elap calorie ie)



## Mona ko koman jen Milk:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain non-fat ak low-fat yogurt
- Skim ak low-fat milk



# Mōñā ko kwon kāleti



## Fruit:

- Apples
- Bananas
- Pears
- Peaches
- Apricots
- Oranges
- Dates
- Blueberries
- Mangoes
- Grapefruit
- Oranges
- Strawberries
- Papayas
- Plantains



## Dren:

- Coffee ejelok juka
- Sparkling water
- Aiboj im slice in lemon
- Tea ejjab juka
- Aiboj



Sources: CDC, ADA

# Mōñā ko kwon kāletī



Non-Starchy Veggies	Grains im mōñā ko rekōmakmōk	Protein ko	Dairy ko	Fruit	Den
<ul style="list-style-type: none"> <li>- Edik calories, kirij, im juka</li> <li>- Elap fiber</li> </ul>	<ul style="list-style-type: none"> <li>-Likun dik calories, kirij, juka, im fiber</li> </ul>	<ul style="list-style-type: none"> <li>- Elap protein</li> <li>- Edik calories</li> <li>- edik juka</li> <li>-Edik fiber</li> </ul>	<ul style="list-style-type: none"> <li>-Edik calories</li> <li>-Letok vitamin, mineral, &amp; protein</li> <li>-fiber</li> <li>-Edik kirij</li> <li>- Carbohydrate</li> </ul>	<ul style="list-style-type: none"> <li>-Likkun dik calories</li> <li>- vitamin im mineral</li> <li>-Elap fiber im aiboj</li> <li>-Elap juka jen veggio</li> <li>-letok carbohydrate</li> </ul>	<ul style="list-style-type: none"> <li>-High in water</li> <li>-Edik calorie, protein, vitamin, mineral, im juka</li> <li>-Edik fiber</li> </ul>

## Whole Grains & Fiber

- Elōñ whole grain ko remman im rej letok fiber
- Elap ad aikuji fiber.
- Enañin aolep grain emoj ukoti edik fiber ko ie.
- Fiber emaroñ jibañ eok bwe kwon likun mat.
- Fiber ej jipañ kōkmanmanlok am kabojak.
- Fiber ej jipañ kōkmanmanlok ial in bōtōktōk kadiklok am maroñ bōk heart disease, stroke, kilep, im type 2 diabete.



# Mōñā ko kwoj bŭki ilo keĵbarok:

## Mōñā ko rekāāl:

- Lole
- Cookies
- Corn Syrup
- Honey
- Ice Cream
- Molasses
- Processed snack ko
- Juka



## Mōñā ko rekiriij:

- Butter
- Creamy salad dressing
- Mōñā ko rar bŭrae
- Kaniek ko elap aer kiriiĵ (bacon, regular ground beef, bologna)
- Full-fat cheese
- Lard
- Kiriiĵ
- Whole milk





# Mōñā ko kwoj buki ilo kejbarok

## Mōñā ko rejol:

- Chips
- Pretzels
- Snack Mixes
- Crackers
- French Fries
- Mōñā ko emoj processi einwot bilawe, pizza, tacos, canned soup im sauces
- Jol eo kwoj boke ilo ien eo kwoj mōñā





# Kelet Mōñā in Ājmour



## Kommane pileij eo am:

Loor wot: ta ko kwar katak rainiñ, komane kejota eo am bedbed ion mōñā ko renno ippam. Kobaiki mōñā ko ekka am buki! Kōmman am portion size. Jeiki mōñā ko kwonaj likiti ilo portion in mōñā eo kijōm.

Ñe ededelok am kommane mōñā eo kijōm share e idea ko am ippen eo mōttam. Kenono kin oktak ko ilo mōñā ko ekkā am buki, im ta ko kwojjab ukoti.



# Wawein kokajor enbwinum

Kajoor	Wawein kokajoor eok	Etoke? Ekōjkan an jipañ iō?
<p>Enno ippa vegetable rejab kōmmat jen vegetable ko rej kōmmati.</p>	<ul style="list-style-type: none"> <li>- Make ekkat veggie &amp; leenwojke</li> <li>- Wia ilo ien season in veggie im leenwojke</li> <li>- Kōmman eloñ kain salat ko</li> </ul>	<p>Vegetable ko rej lewoj vitamin, mineral, and fiber bwe kwon bed wot ilo am ājmour. Fiber ej komman bwe en diklok am maroñ bok kauwotota in nañinmij ko jet.</p>
<p>Eman ippa kōmmati mōñā in ājmour ko ñan baamle e ao, ak ejjelok ao ien.</p>	<ul style="list-style-type: none"> <li>- Bōk jipañ. Kobaik baamle eo kebooj mōñā eo.</li> <li>- Plan e mōñā eo ilo kajojo wiik</li> <li>- Kajjion kebooj vegetable ko jen salad bar ko ak mōñā ko rekoj</li> </ul>	<p>Mōñā mōñā in ājmour ñan bobrae nañinmij in tōñal, ej wāwein eo emman ñan baamle eo</p>

# Wawein kokajor enbwinum

Kajor	Wawein kokajor eok	Etōke? Ekojkan an jipañ?
<p>Emman mōñā ko ij buki ijelokin wot _____</p> <p>(Mabuñ, mōñā in raelep, kejota, mōñā in kōtaan awa)</p>	<ul style="list-style-type: none"> <li>- Make ekkat veggie im leenwojke</li> <li>- Wia veggie im leenwojke ilo ien season ko</li> <li>- Komman elon kain salad</li> </ul>	<p>Ne konaj kalimijek imminene eo am maantak, konaj melele oktak ko im konaj jela ewi wawein am ukote.</p>
<p>Emman ippa kōmat mōñā in ājmour, ak edik iien ko aō ñan kōmman plan.</p>	<ul style="list-style-type: none"> <li>- Think about what makes certain parts of the day and certain food choices easier.</li> <li>- Think about what makes certain meals or parts of the day harder for you.</li> <li>- Be mindful of what is going on during and around this meal and time of day.</li> <li>- Consider if you're waiting too long between meals or snacks to eat.</li> <li>- Observe if you're feeling rushed and finding it easier to choose something quick.</li> <li>- Notice if you're eating out of boredom.</li> <li>- Think about whether the meal options or the environment you are in are influencing your choices</li> </ul>	<p>Kwomaroñ kōmmati mōñā in ājmour ko ilo kabijuknen eo am.</p>

# Wawein kokajoor enbwinum

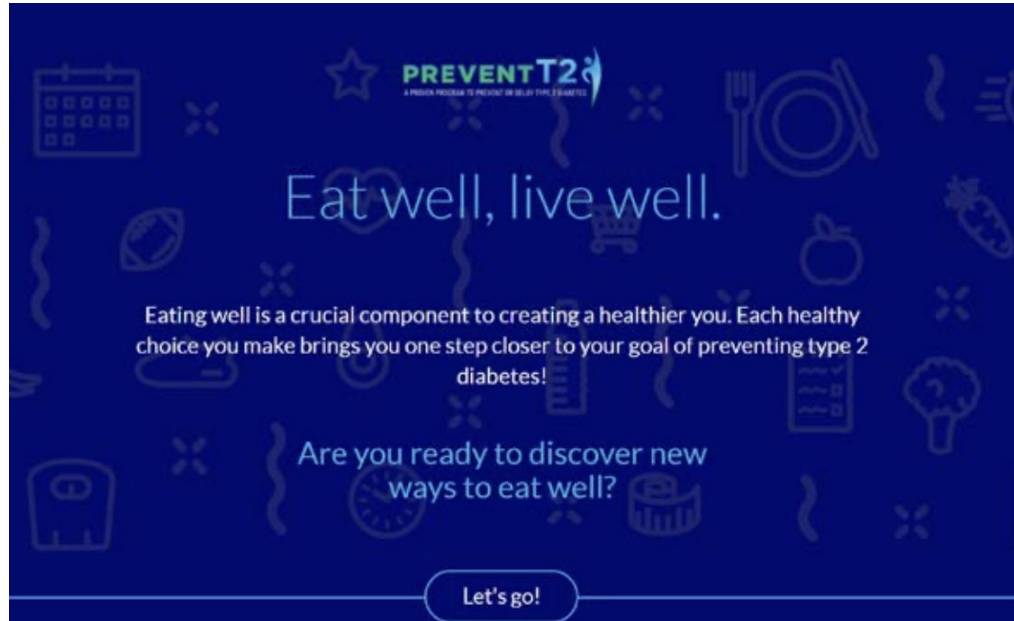
Kanne plank ko:

Kajoor	Wawein kokajoor eok	Etoke? Ekokan an jipan?

# Jipadpad in kottopar eo am

## Mōñā in ājmour

“Mōñā in ājmour ” module in ej nan kakememej kon bunton ko nan kokmanmanlok wawein iminene in mona, lelok naan in rojan im tip ko nan jipan participant ro kelet mona in ajmour ko ilo kabijuknen im ijoko jet.



[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4)

# Monakjen 5

## Joñi/Lali Mōñā Ko Kijōm



## Etalle mōñā ko kijōm ilo kajojo raan emaroñ bobrae ak karmujlok Type 2 Diabetes

### Rainin jenaj kenono kōn:

- Unin kommane etalle ko
- Wawein am etalle
- Wāwein kōmman bwe kwon melele kōn label in mōñā ko



#### Tip:

- ✓ Kajjioñ etalle mōñā ko kijōm kajojo raan.
- ✓ Komman bwe etalle mona ko en juon am iminene:
  - Ta ko im Ñāāt ko kwoj mōñā
  - Ewi dettan mōñā kwoj kañi
  - Calorie ko

# Bwebwenato eo an Sally



Sally ebed ilo kauwotata in type 2 diabetes. Ekonan bwe en luuji 15 baun. Ej kajjion kokmanmanlok wawein an mona ilo kajojo wiik. Elikin juon allōñ, Sally ej ba ñan leddik eo mōttan Tina ke elap an inebata kin an jab diklok eddo in baun eo an, mekarta ñe ej likun kojbarok an mōñā. Tina ej rōjañe bwe en joñi mōñā ko ej buki ilo juon raan. Tina ej jermal ippen Sally bwe en kwalok ta ko ear kañi ilo raan eo. Raan eo tok juon Sally ear jeki joñan mōñā ko kijen.

Elaajrak in ilal ej Kalikar ta ko Sally ej kañi ilo kajojo raan.



# Bwebwenato eo an Sally



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
<b>Breakfast</b>				
A bowl of cereal with milk	200	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
<b>Subtotal</b>	<b>200</b>	<b>Subtotal</b>	<b>350</b>	<b>+150</b>

# Bwebwenato eo an Sally



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
<b>Lunch</b>				
Ham sandwich	300	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	
Apple	80	Medium apple	50	
		16 ounces iced tea with 3 Tbsp sugar	150 (sugar)	
<b>Subtotal</b>	<b>380</b>	<b>Subtotal</b>	<b>700</b>	<b>+320</b>
<b>Snacks</b>				
		Granola bar	200	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
<b>Subtotal</b>	<b>0</b>	<b>Subtotal</b>	<b>250</b>	<b>+250</b>

# Bwebwenato eo an Sally



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
<b>Dinner</b>				
Salad	100	Salad with 4 Tbsp blue cheese dressing	50 (salad) 300 (dressing)	
Mashed potatoes	200	1 cup mashed potatoes made with 1/4 cup whole milk and 1 Tbsp butter	200 (potatoes) 100 (butter) 40 (whole milk)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with 2 Tbsp sugar	100 (sugar)	
<b>Subtotal</b>	<b>500</b>	<b>Subtotal</b>	<b>990</b>	<b>+490</b>
<b>Dessert</b>				
Small bowl of ice cream	175	1½ cups ice cream	480	
<b>Subtotal</b>	<b>175</b>	<b>Subtotal</b>	<b>480</b>	<b>+305</b>
<b>Total calorie difference:</b>				<b>+1,515</b>



# Unin Etalle Mōñā Ko Kijōm

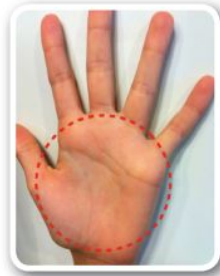
## Unin etalle mōñā ko:

- Kōlaplok jela eo am kōn mōñā im den ko kwoj buki
- Jipañ eok joñi calorie ko
- Jipañ eok bwe kwon loe aorok in kōmman portion ko redik edik lok calorie
- Kolaplok jonan jela eo am kin jonan portion ko kwon buki
- Jipan eok bwe kwon jela ta mona ko elap calorie, kirij im juka, bwe kwon limit am buki ak bojrak jen am buki.
- Jipañ eok komman jokelet ilo am mōñā mōñā elap-calorie ie
- Kalikar calorie ko rettino ilo den ko im mona ko kwoj buki
- Jipañ eok kelet mona ko rekkar im emman nan am buki

# Kojobal Peim ñan Joñe Mōñā ko



**Kojobal peim ñan komman joñak in mona.**



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About ¼ cup

# Wāwein am etalle



## Etalle im jerbale

Ñe kwoj kile...	Kajjioñe ...
Komaulal eo ao in elkinraelep ej 300 calorie, enin unin ao kajoor ilo raelepen rainin.	Jeniji jen 5- ñan 10-minut etetal ilo awa in mona in kotoanawa eo am—emakutkut ej lewoj elap kajoor. Bar teiñi batto in den ko ilo juon ran—komman bwe enbwinum en jab mōrā. Bok snak ko 100 calories im diklok, lale ne emaroñ jipañ eok ilo aolepen ran eo.
Ijjab likun lomnak ke elikkun lap ao idaaq cola im coffe.	Jeniji cola ko nimōm ñan den ko remormor. Etalle jonan juka eo im milk kwoj likiti ilo coffee eo nimōm. Kadiklok jen joñan eo ekkā am boke.



## Etalle im Jerbale

Likit am make....	

# Wāwein Etalle Mōñā ko



## Wāwein recorde ak jeki, naat im joñan eo kwoj boke:

- Spiral notebook
- Computer apps
- Pija in mōñā eo kijom
- Spreadsheet
- Smart phone apps
- Kanne ainikiom







## Wawein Joñi mōñā ko

Etale mona ko kwoj kani ilo kajojo ran	Etale ia eo calorie ko rej itok jene im kilen im wawein mona ko kwoj buki
Etale juon ran in makutkut im juon ran kojab makutkut	Konke emaron oktak kilen am mona ilo ran ko kwoj jermal im ran ko kojab jermal, kajion jone/etale mona ko kwoj buki ilo ran 1 ran kwoj jermal im bareinwot ran eo kojab jermal
Etale/joni mona ko	Bok jet idea ko reman kon jonan mona ko kajojo ilo juon ien mona im ia eo komaron kokmanmanlok. Elkin am etale ak kokmanmanlok wawein am mona, kajion buki wot mona in ajmour ko
Etale 3 lok nan 4 likio in ran	Katak kilen bwe en mokaj im eman! Kojermal app, bijaiki mona ko kijom mokta jen am kani ak jeiki ilo juon notebook

# Wāwein Etalle Mōñā Ko Kijom



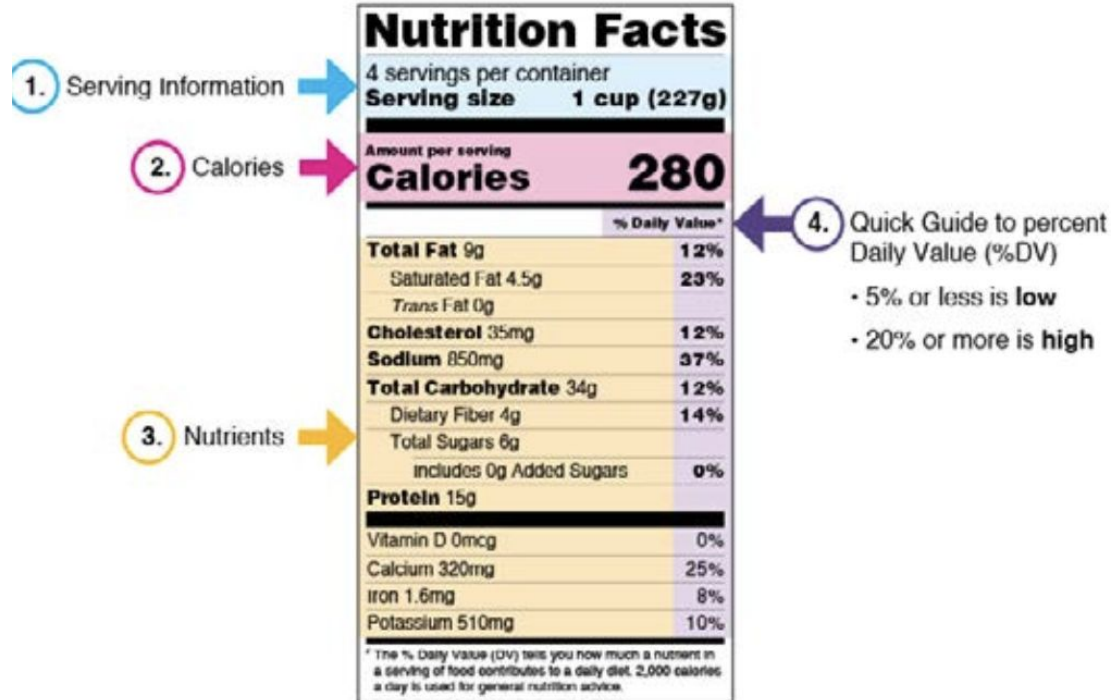
## Wāwein Etalle

<p>Joni ak etali ilo weeken ko, ran in kakije ko am im ran ko kojab jermal ie.</p>	<p>Elane eoktak wawein ko, kilen mona enaj bar oktak.. Ejelok ilo weekend, ran ko kojab jermal ak ran in kakije ko nan am etale im lale jonan eo nan kotobar eo am nan ajmour.</p>
<p>Joni ak etali jonan mona im dren ko kowj buki ilo kotoan ien mona</p>	<p>Jet ien emaron jab mona eo,ak ta ko kwoj kani kotan awa . Kwon likun lae ta ko kwoj kani, naat im ia ko kwoj buki ie, emaron jipan eok bwe kwon plan mokta.</p>
<p>Joni/etale jonan dren ko nimom.</p>	<p>Idaak emaron wawein eo “ettino” calorie. Likun lale jonan dren ko kwoj buki kotoan ien mona ko. Jone jonan juka, milik, im cream eo kwoj likit ilo coffee eo nimom. Jone dretan den eo ilo cup eo ilo mweo im kwalok jete calorie eo emoj am boke ilo ien am idaak. Im lale mona ko ilo mon coffee eo im lale ewi jonan calorie eo ilo coffee eo.</p>

# Mōttan ko ilo label in Mōñā



## Sample Label for Frozen Lasagna



Source: [www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3)

# Koman Label in Mona ko



## 1. Jonan detan mona eo kwoj boke

Jino kon lale jonan detan mona eo. Enone tarrin juon jaj in mona. Aolape komelele ko ilo label in mona eo rej bedbed wot jonan im detan. Lale jete kotan am naj mona jen bakij eo. Bakij in emaron 4 kotan am mona jene. Innem, ne kwoj kan aolepen bakij in, kwoj aikuj alene aolepen dretan ko ilo label eo kon 4. Elane kwoj konan kan jimetan in mona eo, kwoj aikuj in koorlok e kon 2. Kwon kojerbal kein bonbon ko ilo talpone eo am.

## 2. Calories

Jela kin jonan calorie ko emaron jipan eok debdeb wot ak maron tobar kotobar eo am ilo am drebij wot nan eddo in ajmour eo am. Calories ej jonan kajoor eo kwoj boke ilo juon ien mona jen mona ko. Elon Riamerika etar jen jonan aer bok calorie. Lale ippen takto eo am im kajitok jonan calorie eo kwoj aikuj boke.



# Mōttan ko ilo label in mōñā ko

## 3. Bok nan jonan kuriij, Cholesterol, Juka im Sodium (Salt)

Enanin aolep riameica rej bok elap, ak tar jen jonan, nutrient ko. Bok elap kuriij , elap tata saturated kuriij ko cholesterol, men ko ekoba juka ie, im sodium (salt) emaron kolaplok am maron bok naninmij ko rekautata. Men kein ekoba joran in menono, cancer, im high blood pressur. Kajion bwe kwon bok driklok jen 30% in calorie ko jen kuriij.

## 4. En lap am bok Fiber, Vitamins, imMinerals

Eiten aolep america edik aer bok fiber, vitamin A, vitamin C, calcium, ak iron. Kwon bok elap nutrients impko me remaron kokmanmanlok am mour im kadiklok am maron bed ilo kauotata in nanmij ko. Waanjonak, bok elap calcium emaron jipan kokajor lok di ko diim im ni ko niim. Mona elap fiber emaron jipan dadiklok eddo eo am im kadiklok cholesterol.

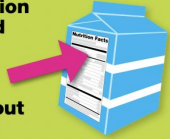
Wawein ko jet nan lale nutrient ko:

- Computer app ko
- Smartphone app ko
- Website ko

# Nutrition Label ko: Lale im kojerbale!

## The Nutrition Facts Label Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSX2**

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).



**TIP:** 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Size up Servings

Consider the Calories

### Nutrition Facts

4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
<b>% Daily Values*</b>	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

**TIP:** 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts  
Read the Label

Revised: October 2018

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

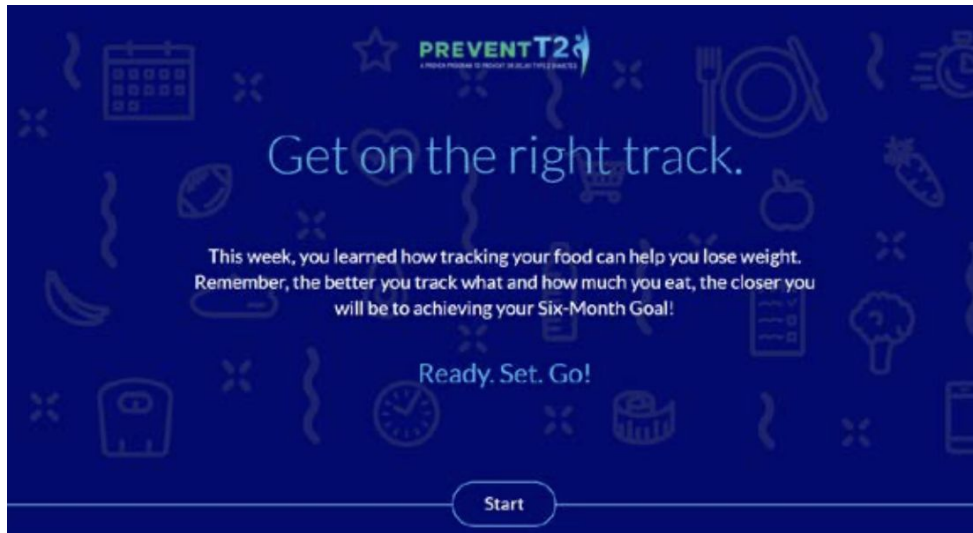


Source: [www.fda.gov/media/89314/download](http://www.fda.gov/media/89314/download)

# Lomnak In Komman Wonmanlok

## Wawein ettale

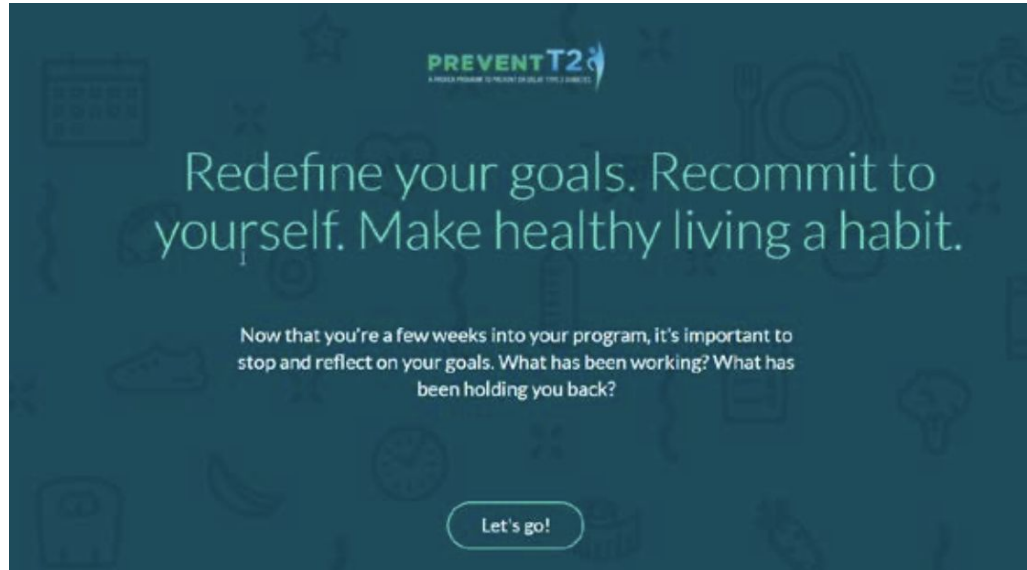
“Food Tracking” module ej lewoj elon un ko ilo am etalle/joñi mōñā ko, ekoba wawein eo ñan komman bwe en 2 alen am luuj baun! Ekoba wawein kokmanmanlok kein etalle ko am. Likkun ujeleplok eok ñan kottopar eo am.



Source: [www.cdc.gov/diabetes/programs/prevent2/quiz.html?week=5](http://www.cdc.gov/diabetes/programs/prevent2/quiz.html?week=5)

# Lomnak In Komman Wonmanlok

## Komman Kalimuur



Source: [www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2](http://www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2)



# Wāwein namejlan kabañbañ ko



Emaroñ wor kabañbañ ilo am joñi mōñā ko. Jet iaan kabañbañ ko im wāwein namejlan. Jeiki idea ko am ilo column ej ba “Wāwein namejlan .” Komman kokalle ilo idea ko kwoanj kommani ilo ien ko rej bedtok.

Kabañbañ	Wawein namejlan kabañbañ	Wāwein namejlan kabañbañ
<b>Elap ao boub.</b>	<input type="checkbox"/> Komman ien nan am etalle. Bok jet minit elkin am mōñā.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kememej ETOKE kwoj etale/joñi—ñan kadiklok am maron bok type 2 diabetes.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Ejjab emman ao read im jeje.</b>	<input type="checkbox"/> Pijaik mōñā eo	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajjitok ippen mottam ak baamle eo am bwe rej jipan jeki ilo Food Log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Kanne ainikiom ilo smartphone.	<input type="checkbox"/> _____

# Kabañbañ ko Jet



Kabañbañ	Wāwein namejlan kabañbañ	Wāwein namejlan kabañbañ
<b>Ekka ao meloklok</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Komman bwe en juon am iminene nan jeki ilo food log.</li><li><input type="checkbox"/> Likit kein kakememej ilo talpoon im computer.</li><li><input type="checkbox"/> Set e ilo awa eo.</li><li><input type="checkbox"/> Likit note ko am ijoko komaron loi.</li><li><input type="checkbox"/> Kajjitok jipan ippen mottam ak baamle eo am.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Ijjab konan etalle im jeki ilo food log.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Share e results eo am ippen ro jet .</li><li><input type="checkbox"/> Bok juon menin nebar nan kwe make (ejjab Mōñā) kon am topar kottopar eo am.</li><li><input type="checkbox"/> Kajjitok ippen ro mottam im baamle eo am bwe ren joñi mōñā ko kijeer .</li><li><input type="checkbox"/> Kajjion smart phone im computer apps.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>

## Monekjen 6

# Kollaplok am emakutkut





**Laplok am emmakutkut emaroñ jipañ eok bobrae ak karumijlok am bok type 2 diabetes.**

### **Rainin jenaj kenono kōn:**

- Unin kollaplok am emakūtkūt
- Jet wāwein kelaplok am emakutktu
- Wāwein am dood elaplok melele kon emakutkut ko am

### **Kwonaj kommane juon elmakot kāāl**



#### **Tip:**

- ✓ Lolorjake bwe kwon emakutkut kon jonan eo emman, kojerbal Talk Test eo. Melelein kwomaron kenono im jab al, ilo ien eo kwoj exercise.
- ✓ Kajjion kolaplok am emakutkut





# Bwebwenato eo kon Olga

Olga ebed ilo kauwotata in type 2 diabetes. Ej kajjioñ bwe en kolaplok an emakūtkūt ilo kajojo raan. Kōttopar eo an bwe en emakūtkūt 150 minut ilo kajojo wiik, kon joñan eo ejjab eddo.

- **Wiik 1.** Olga ej kommane juon etetal eo ekadu ilo an jebile block eo. Eaar bok enanin 10 minit. Eaar kommane men in 3 kottan ilo juon wiik.
- **Wiik 2.** Olga ej jebile block eo 2 allen. Ebok 17 minut in an kommane. Eaar kommane menin 5 kottan ilo wiik eo.
- **Wiik 3.** Olga ear walk im jebile block eo 3 allen ilo Monde, Juje, im Wonje. Ej bok 21 minut. Ilo jemlokin wiik eo, elap an likkun boub, ekomman menin an rumij an rool. Eboñ ke ej topar mweo, ejako an active. Ilo Jedede, ejjab itoklimo in im makoko in emakutkut. Ejako an emakutkut ilo wiiken.

# Mutton eo kein karuo kon bwebwenato eo an Olga



- **Wiik 4.** Olga ej loor ejja schedule in walk eo an ekein kommane jen Mande ñan Wenje iloaan 3 wiik. Ebwe an bin ilo raan in Mande, emman ilo raan in Juje, ñe ej raan in Taije emaroñ in walk rouni block 3 allen iumin 21 minut. Bolaide, ej itoklimo in im ej etetal ijoko reutiejlok. Wiik in, ej exercise. Jino ilo Jedede, Ej kommane 2 set in 3 kottan resistant ban ko.
- **Week 5.** Olga ej loor schedule in walk eo ekijon kommani in Monde ñan Wonje ilo Wiik eo kein kajilu. Ej etetal tarrin 3 block 3 raan ilo wiik in. 2 raan ilo wiik in ej, kommane 3 set in 5 rep kon resistance band.

Raan kein, Olga etopar kottopar ko an. Ediklok eddo eo an. Tōñal eo ilo botoktokin edik lok jen kar mokta ke.



# Kokajoor lok Muscle ko ilo enbwinum

## Kōkajoor lok muscle ko. Ta ko elap tokjeir ippam ?

- Kōkajoor eok
- Kadiklok am maroñ okjak/otlok
- Kokajoorlok muscle im di ko
- Kobelan eok, coordination, im am makutkut
- Komman bwe kwon bed wot ilo am kommani makutkut ko ilo kajojo raan
- Kolaplok am exercise
- Kokmanman am mour
- Jipañ jolok calorie ko
- Helps to improve sleep
- Kokajoorlok eok
- Kadiklok am maron bok naninmij ko rekauotata



# Kokajoor lok Muscle ko

## Elap an aorok bwe en kajoor lok muscle ko. Jet tip nan kakemem:

- Elañe ewōr am kajjitōk kōn ājmour eo am, kwoj aikuj kajjitōk ippen taktō eo am mokta jen am jino makūtkūt ko an burokraam in.
- Warm up mokta jen am bul makūtkūt im elikin kwoj cool down.
- Kwon emakutkut ilo wawen eo ekkar ñan joñan drettan maroñ eo am .
- Kwon kommane makutkut ko nan ne rej likun ben.
- Jab ekairir ilo am komane makutkut ko. Bok nan jonan en eman.
- Emenono ilo jejetin ilo ien emakutkut ko am.
- Elane kwojab likun eman am mour nan am emakutkut kwon bok jidik ien kakije im lale ej et am bed nan ran eo juon.
- Kojerbal jodi in ikkure ko, enowt etetal, ettor.
- Jab kojerbal ankol weights ak drebij dumbbells ne kwoj etetal ak aerobic exercise ko jet enwot biking ak jogging.





# Kokajoorlok Muscle ko

## Wall Push-Ups

1. Jellok ñan juon wall. Kottolok eok jonan bokan wot am maron jibwe dibin mwen.
2. Malmaanlok. Dood peim ilo wall ikijjen wot aeram im jonan debakbak in aeram .
3. Korolok am bok kutuom ilo am elekwoj e peim im kowalelok tulon in anwijum nan kiin eom. Korallok am kommane menin.
4. Depij wot position eo ilo juon second.
5. Bok kutuwom. Leliktak eok make mae ien eo peim elikun ellok.
6. Kommane 10-15 kottan.
7. Kakije. Innem bar kommane 10-15 kottan.

# Build More Muscles



## Arm Raises with Weights

1. Jijet ak jutak ilo juon jea eo ejellok pein. Neem en tot iion floor eo im ettolok jen doon.
2. Jibwe im debiji kein ekkotak ko utej in wot aeram. Lopdeen peim en jitmaanlok wot. Jidik kake am bok kutuwom
3. Jidik wot am kotlok kutuwom ilo am kotak pa ko peim itulon in boram. Elekwoje peim. Lopdeen peim en jitmaanlok wot.
4. Depiji ilo position eo juon second
5. Bok kutuom ilo am lellok peim.
6. Kommane menin ilo 10 ñan 15 kottan.
7. Kakije. Bar kommane 10 ñan 15 kottan.

Jino kin men ko remera. Wonmaanlok kōn men ko reddolok. Kwomaron kojerbal juon pa mokta. Elane kwoj konan, kwomaron kojerbal can in soup ak men ko eirlok wot.

# Build Your Muscles



## Arm Curls with Resistance Bands

1. Jijet ilo jea eo ejelok pein. Kajejet neem ioon floor eo, jonan wot debakbak in aeram.
2. Kajejet lukon ban eo ilo ne ko ruo neem. Debij jabon ko an ban eo ilo pā ko peim. Jejet in wot aeram. Jidik kake am bok kutuom.
3. Kajimwe wot wrisk kane am. Jidik kake am jolok kutuom ilo am elekwoje tok peim ilo am lelonlok peim ioon aeram.
4. Debiji position in iumin 1 second.
5. Bok kutuom ilo am lellok peim.
6. Kommane menin 10 lok ñan 15 kottan.
7. Kakije. Bar kommane 10 lok ñan 15 kottan.



Jino mokta kon band ilo wawein eo ebidodo. Exercise maanlok ñan ko rebenlok.

Elañe band eo am ewor jijron, likkun debiji. Elane band eo ejjelok an handle, boiti ilo peim bwe ejab rolok.

Source: National Institute on Aging. Exercise and Physical Activity: Your Everyday Guide. Sample Exercises: Strength (<https://www.nia.nih.gov/health/publication/exercise-physical-activity/sampleexercises-strength>).

# Wāwein Ko Ñan Kōllaplok am emakūtkūt



1. Kojjeralbawein bicep exercise ilo am kojeralbawein can in mōñā ko .
2. Komman set in exercise ko.
3. Ekkotak men ko reddo.
4. Bulli juon stroller ilo ien eo kwoj walk.
5. Kalonlok step ko kwoj kommani ilo ran ak ilo wiik.
6. Kojeralbawein 1-baun in ekkotak ko ilo am etetal.
7. Kaitoklok am etetal.
8. Etetal kium.
9. Etetal nan ijoko rettolok.
10. Etetal ijoko rekamlal.

## **Ewi wawein am naaj kolaplok am emakutkut ilo wiik in tok?**

Wiik 1: \_\_\_\_\_

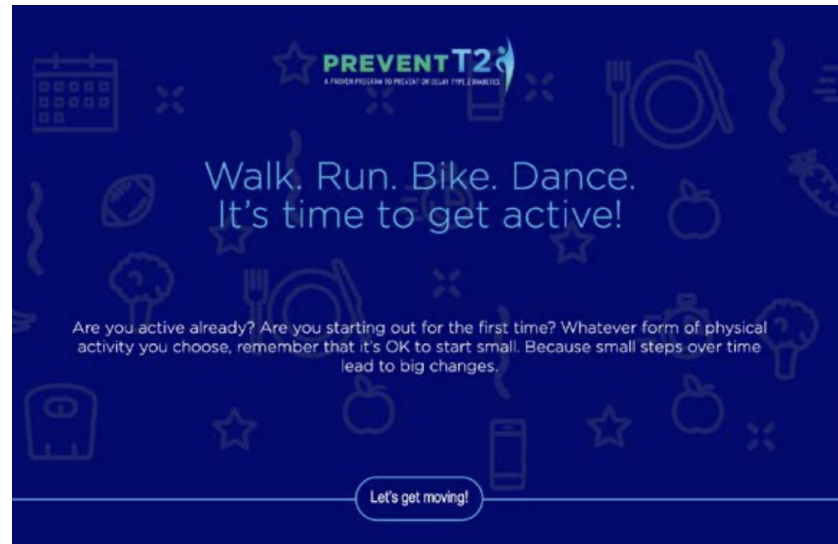
Wiik 2: \_\_\_\_\_

Wiik 3: \_\_\_\_\_

# Jipadpad im Kottopar ko am

## Get Active Personal Success Tool Module

“Get Active” module ewor quiz ko ie, lomnake makutkut ko konaj kommani bedbed ion ta eo kwoj konan, im kwalok jonan eo kwotopar e im bojak nan komman oktak.



Source: [www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html)

## Monakjen 7

# Kajor Itulik im Kajor Itulowa



# Jibadbad im Kottopar

**Kadiklok eddo eo am emaroñ bobrae ak karimujlok am maron bok type 2 diabetes.**

**Rainin jenaaj kenono kōn:**

- Wāwein eo ikotan calorie im joñan eddo eo
- Wāwein am jelā joñan calorie eo kwoj boke
- Wāwein am jela joñan calorie eo kwoj mane
- Wāwein am manman elaplok calorie jān joñan eo kwoj boke



**Kwonaj kommane juon elmakot in jermal kāā!**



**Men ko kwoj aikuj kememej:**

Ñan jelā joñan calorie eo kwoj aikuj in jolok, kwoj aikuj jelā:

- ✓ Joñan eddo eo am
- ✓ Jermal in emakūtkūt ko am
- ✓ Ewi aitokan am kommane
- ✓ Joñan eo eman ñan kwe

# Part 1 in bwebwenato eo an Paul



Paul ej 47 an iio im 240 an baun. Ebed ilo kauotata in type 2 diabetes. Takto eo an ear uni bwe en jolok 4% in eddo eo an ilo program eo an CDC nan kadiklok an maron bok nañinmij in tōñal. Total eo ej 12 baun.

Paul ej tarbok etke ejam konan bwe en bed ilo burokraam eo 1 iio aetokan ijelokin an naj kar kommani diet ko an im remaron kar komokajlok an luuj baun. Takto eo an ear komeleleiki ke jonan eo emman nan an wonmanlok kake.

Kadiklok eddo eo am ej wawein eo emantata. Emoj aer loe ke kajojo armij eoktak wawein aer luuj baun, luuji jonan in 1 nan 2 paun ilo juon wiik ej juon wawein eo eman, ekkar nan elon ro retijomlok.

Paul ej aikuj in lale jonan calorie ko ej buki im jonan eo luuji ilo kotopar eo an bwe en luuji 1 baun ilo 1 wiik. Emaron kommane menin ilo an bok jejo calorie im kolaplok an emakutkut. Ewor jet idea ko ippen Paul kon ta ko emaron kommani





## Jidik oktak ko Paul ej kommani

### Ta ko Paul ej kommani

Bunton dikdik ko Paul ej kommani:

- Komman oktak ilo mabun eo an jen 3 lep nan 2 leps im English muffin ijellokin 2 slice in toast ippen bota im jelly, bobrae ki jen an bok 200 calorie.
- Ear kelet bwe en joñi juka ko im cream ko ej likit ilo coffe eo nimen. Kio emaron in jolok 150 calorie ilo an bok 1 teaspoon in juka im 2 tablespoon in cream ñan juon cup, coffee eo nimen ej enno wot mekarta emoj an koman oktak!
- Elikin an mabuñ, ej jolok 30-minut in walk mokta jen an jermal. Ej etetal ekairir.
- Mõñã in raelep, ej jolok chip im bok slice in apple ko ippen sandwich im idaa sparkling water ijellokin an idaa soda. Ejako 345 calorie
- Dressing in salad eo kijen ear likit ilo side kon ke en control e an mõñã. Konmenin ejako 100 calorie.
- Elikin kejota, rej etetal imelan mweo kin jonan eo eman iumin 40 minute







Raan kein, Paul ej luuji 1 baun kajojo wiik ilo an kojbarok an mõñã im kolaplok an emakutkut. Mutton jidik etopar jonan eo ej kottopar e!

# Calorie im Eddo



## Wawein am bok jidik calorie

Jet kein wawein am kadiklok calorie ko. Kajoñ e wawein kein.

Breakfast		
	Instead of	
1 cup oat cereal		1 cup bran and raisin cereal
	Instead of	
2 eggs cooked with 1 teaspoon of vegetable oil		2 eggs cooked in 1 tablespoon of butter
	Instead of	
2 slices of whole wheat toast with 2 teaspoons of butter		1 bagel with 2 tablespoons of cream cheese

# Calories im Weight



## Wawein ko ilo am kadiklok am mōñā calorie

Jet ian wawein ko komaron kadiklok calorie. Kajjion e wawein kein.







Lunch		
	Instead of	
Sandwich and fruit		Sandwich and 1 snack size bag of chips
	Instead of	
2 tablespoons of vinaigrette dressing		2 tablespoons of ranch dressing
	Instead of	
1 cup of vegetable soup		1 cup of cream of chicken soup

# Calories and Weight



## Wawein kadiklok mōñā calorie





Jet kein wawein. Kajjioñi wawein kein

Dinner		
	Instead of	
½ cup of stir-fried broccoli		½ cup of broccoli in cheese sauce
	Instead of	
1 slice of cheese pizza		1 slice of pepperoni pizza
	Instead of	
1 cup of pasta with tomato sauce		1 cup of pasta with tomato sauce and ¼ cup of parmesan cheese

# Calories and Weight



**Bar lomnake den ko nimom:** Juon wāwein ñan kadiklok calorie ko ej ilo am bar likun lomnake den rot eo kwon ilimi. Wāwein an den jermal einjuon jen mōñā. Im, einwot am loe ilo pija in itulal, calorie ko jen den remaroñ laplok! Ak ewor juon naan eman: Elane kwonaj ukot den eo nimom elap calorie ko ie nan den eo edik calorie ie, kojbarok eok jen den ko elap calorie ie.

 12 oz. café latte made with half the syrup and vanilla flavoring <b>190 calories</b>	<b>Instead of</b>	 16 oz. café latte made with regular amounts of syrup and vanilla flavoring <b>290 calories</b>
 Bottle of water or sparkling water <b>0 calories</b>	<b>Instead of</b>	 20 oz. bottle of regular cola <b>240 calories</b>

# Calories and Weight



**Bar lomnake wawein den eo nimom:** Juon ian wawein ko nan am kadiklok calorie ej ilo den ko nimom kwjoj ilimi. Den ejab komat eok einwot mona. Calorie ko ilo den remaron betaiki! Ak ewor juon news eman: Elane kwonaj replace i den eo elap calorie ie nan den eo edik calorie ie, kwomaron kejbarok eok jen am bok elap calorie!

	Instead of	
Water with lemon <b>0 calories</b>		16 oz. sweet iced tea <b>120 calories</b>
	Instead of	
Sparkling water with a splash of 100% fruit juice <b>25 calories</b>		12 oz. regular ginger ale <b>130 calories</b>

Sources: Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention.  
[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf) USDA National Nutrient Database for Standard Reference

# Wawein Kaietlok calorie



## Kojerbal Nutrition Facts Wisely

Ñe kwoj kelet den eo nimom, calorie ko ilo jet iaan den kwo kwoj ilimi. Kojerbal Nutrition Facts label eo. Ej kwalok jonan calorie ko lo juon serving. Kwomaron bar check product kein ilo website ko aer ak lale ilo Nutrition Facts an restaurant ko. Bar juon wawein kadiklok calorie ej ilo am lomnake joñan eo kwoj ilimii. Ñan den ko elap-calorie ie, size eo elap an aorok!

Nutrition melele ko ilo juon 20-ounce in bato in cola ej ba  
1 serving size = 8 ounces im EWOR 2.5 servings ilo bottle eo.  
1 serving = 100 calories innem... 2.5 servings = 250 calories (elañe kwonaj ilimi im komaat bato in)  
ñan lale jete calorie eo ilo bato eo, kwon alene calorie ko ilo juon serving kin 2 numba kon serving eo ilo bato eo (100 x 2 1/2). Elane kwonaj ilimi im komat bato eo, kwonaj bok 250 calorie.

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz
Servings Per Container	2.5
<b>Amount per serving</b>	
Calories	100



# Wāwein ko rebidodo ñan kōmman den ko remman lok

## Kōmman jidik oktak ilo den eo nimom enaj kōmman elap oktak ilo mour eo am

### Ilo mon wia coffee ko:

Coffee ko renno remaroñ in mottan mour eo am, iminene eo am in jppon, im raelep pick-me-up, ien ko raurok. Calorie ko ilo den eo nimom rellap. Ñe batur in coffee ej jikitok , kajioñ e tip kein.

- Kajjitok bwe ren komman coffee eo nimom kin fat-free ak 2% milk ijelokin whole milk.
- Order e size eo ediktata.
- Depij flavor eo an. Kajjitok kin free juka syrup. Flavored syrups ewor juka im elap calorie ie.
- Jab bok whipped cream ko. Whipped cream ko ilo juon coffee elap juka im calorie im kirij ko ie .
- Kajjioñ den ko edik calorie ie. Kajjioñ jolok coffe latte ko. Kajjioñ espresso ejjab lap an cream im juka. Lale ilo menu ko online ak kajjitok kin recommendation.
- Order nimom pain coffee im make likit jidik milk, cream, sugar. Ilo am kommane men in komaron loe ke kwomaon kadiklok calorie. Kajjioñ idaak black coffee. Kememej bwe plain coffee ko edik calorie ko ie. Flavor ko rej komman calorie!
- Komat coffee ilo mweo im wia coffee ko ilo ien ko wot me raurok.



# Calories and Weight



## Kelet den ko remman:

### Jet kein idea itulal:

- Kelet water ak sparkling water.
- Bok ippam nien den eo nimom aolep raan. Kokaale aolep ran.
- Kōnemnem e den eo nimom kon no-calorie ak likit slice in lemon, lime, cucumber, ak watermelon. Dood 100-percent fruit juice ñan plain sparkling water.
- Idaak coffee im tea ejjab juka. .
- Pijja in den ilo refreshrator.
- Dood pijja in den eo ilo table eo ilo aolep ien mōñā.
- order e smoothie eo edik calorie kab ejjelok juka ie. Leen wojke eo en kotonal den eo nimom.
- Elane kwoj kelet bwe kwon idaaq men ko retonal, bok size eo edik tata.
- Milk ewor vitamins, minerals, im protein. Ak ej bar wor calorie ie. Kelet low-fat ak fat-free milk ko remman, ewor nuterien ko ie.



# Bwebwenato eo an Paul

Paul ej aikuj 2,200 calorie ilo juon raan nan an bed wot ilo jonan eddo eo an. Ne enaj jolok 500 calorie ilo juon raan, enaj bed wot 1,700 calorie.

Eben ilo kommane , ak ewor tokjen. Bok jet bunton ko nan loor wot kotopar eo enaj jipan e bwe en debdeb wot ilo jonan eo ebed ie. Ak jab meloklok bwe Paul emaron tobar kottopar eo an ne enaj kolaplok an emakutkut.

## **calorie ta ko jej aikuji kajojo raan?**

Calorie ko kwoj aikuji kajojo ran ej calorie ko remaroñ debij wot jonan eddo eo am. Numba kein rej bedbed ion men kein iio eo am, kadkad eo kadkadim, aetok eo am, ilo am eddok lok, im eddo eo am. Ej jonan eo kwoj antoonelok.

Jen lale ta eo Paul ej kommane ilo Jabot.

Ej mōñā 3 alen ilo joun raan, im 3 kottan an mona in kotoan awa 2,000 calorie.

Ear jinoe an kate bwe en etetal elikin an mona in jippon im elikin kejota. Ej barweinwot jeb ujoj ko naboj en mweo. Ej jolok 310 calorie ilo an kommani activity kein.

Nan etale jonan calorie eo an Paul, jenaj jino jen calorie ko ej buki. Im mainej jen calori ko ej luuji:  
 $2,000 - 310 = 1,690$  Paul bedwot ilo kottopar eo an!

Raan kein, Paul ej luuji 1 baul ilo mona ko kijem im ilo an kommani emakutkut ko. Mottan jidik etopar kottopar eo an.

# Wāwein bed etalle calorie ko

## Ewi joñan calorie ko jej juloki ilo emakutkut ko jej kommani?

- Bedbed ioon iio eo am, joñan emakutkut ko kwoj kommani, aetok eo am, einjuon am luuji calorie ko.
- Laajrak in ilal ej kwalok jete calorie armij eo 154 baun ej luuji, ilo an kommane exercise ko reddo.

Activities	Calories burned at a moderate pace	
	In 1 hour	In 30 minutes
Hiking	370	185
Jerbal ilo jikin kallip ko	330	165
Eb	330	165
Golf (Etetal im ineki club)	330	165
Bajkol	290	145
Etetal	280	140
Ekkotak (general light workout)	220	110
Stretching	180	90

Source: US Dept of Agriculture. MyPlate (<http://www.choosemyplate.gov/physical-activity-calories-burn>)

# Wawein joni calorie ko kwoj juloki

Jete calorie ej jako ilo juon ien emakutkut?

Makutkut ko	Calories burned at a moderate pace	
	In 1 hour	In 30 minutes
Alooj TV	70	35
Kiki	62	31

Source: Physical Activity for a Healthy Weight. [www.cdc.gov/healthyweight/physical\\_activity/index.html](http://www.cdc.gov/healthyweight/physical_activity/index.html)

# Assignment ko an kajojo (Optional)

Elane kwojjab ukot iminene ko am, kojerbal log in iumin 2 raan ilo wiik in nan jone calorie kwoj buki im ko kwoj luuji ilo am exercise calories. Innem lale ia ko kwomaron komman oktak ilo am mōñā im exercise. Ejjab melelein bwe kwon likun bok jonan measurement in jonan calorie eo kwoj luuji. Ej bwe en lewoj ial ko rebidodo nan lomnake ekojkan am balance e den im mona ko kijom ilo am komman emakutkut ko. Kememej bwe exercise ejab jelet wot ta ko kwoj kani, emaron kollaplok jonan am luuj calorie.

1. Joni calorie ko ilo am mōñā im emakutkut umin 2 raan.
2. Bar etale result ko am.
  - Kwomelele kon kwe make.
  - Komman oktak ko.
3. Bar joni iumin 2 nan 3 raan elane emman.
4. Bar kommane elane e slow.
5. Ekkatak jen log ko.

# Assignment ko an kajojoOptional)

	Calories Taken In			Calories Burned		
Day	Item	Amount	Calories	Activity	Minutes	Calories Burned
Day 1						
Day 1 Totals						
Day 2						
Day 2 Totals						

## Monakjen 8

**Kaņi mōñā ko reājmour ñan topar  
kōttopar eo am.**



# Jibadbad im Kottopar



Jelā mejlan inebata ko emaron bobrae ak karmujlok am bok type 2 diabetes

## Rainin jenej kenono kon:

- Mōñā ko rājmour
- Komman portion in mōñā naj tobar kottopar eo am
- Kelet mōñā in ājmour ko

## Kwonaj kommane juon elmakot kāā!



### Tips:

- ✓ Kajejet joñan mōñā ko kijom
- ✓ Likkun lale ien kwoj jino mona im ien ko kwoj bojrak
- ✓ Ukot jokjok in mōñā ko kijom ñan mōñā in ājmour





# Bok Lomnak ko Remman Nan Mona in Ajmour

## Anthony' Story– Part 1

Ke Anthony ej bok jerbal eo an ekaal, ejino an jerbal ilo mona in raelep ko an im jino an jab lomnake an kole. Elane ejab mona in raelp elap an likun kole im mok tired, im udidik elikn an jerbal. Konmenin, ekka an wia bak in chip ko bwe en mona ilo ien an rol nan kabijuknen. Mekarta ne Anthony ejab likun kole ne ej rol nan kabijuknen, ak ej aikuj wot in kejota.

Kon iminene in ekaal nan Anthony ekoman bwe en eddo lok baoun eo an, im ne Anthony lolok takto eo an, takto eo ej jiron lok bwe ebed ilo kauwotata in T2 tonal. Kar moktalok, Anthony ejab eman kolmenlokjen eo an. Ejab maron in etal wot ne ejelok an snak.

Kio ej lomnak ewi toon an koman snak ko rejmour bwe en buki nan jikin jerbal eo an.

Anthony ejela kon ewi jonan kauwotata in naninmij in tonal, im ej aikuj koman oktak ko. Anthony ej jino an komman oktak ko ilo mona ko kijen. Ej jino an ronajake ta eo enbwinin ej ba nan e bwe en mona wot ilo ien eo ej kole. Ilo ien ko elap an boub im ejelok an ien mona in raelep, ej boktok unsalted/low-salt nuts im veggies ko nan jikin jerbal, emaron mona snak ko rejmour ilo ien an kole.

Anthony ej jino an bok lomank ko reman ilo an koman oktak,. Anthony ej likun kate nan koman oktak.

# Bok am ien ilo Mōñā



## Ij konan komman oktak ilo iminene in mona ko kijo

---

### Likkun kajejet jonan am mona

Kajejet joñan am mōñā ej mottan eokottoabar ko nan ājmour.

Kajjioñ e menkein:

- Mōñā wot ilo ien am kwole. Etalle wawein am kwole. Kajjion jab mona kin jet un, einwot ne ejab itoklimoim ak inebata. Kajjion e jet wawein ko komaron in ella iooer.
- Jab kottar nan ne kwolikun kwole. Elane kwoj, elap lok am mona mona ko rejab likun emman..
- Jab kakilep bowl in mona eo am. Ijjelokin, komman jonan mona eo kijom. Enaj jipan eok kejbarok am mona.
- Kojerbal pileij jiddik im 1 wot serving. Elap an jipan eok koman jonan eo eman..  
Likkun etale mona eo kijom—wawein nemen, bwiin, jokjokin. Jab kajion mona ilo ien am, kattor wa, ak alooj TV. Enaj lap am mona..
- Kwon kadikdik am mona. Komelij eo am ej jipan eok.

# Bok am ien ilo mōñā



## Kojbarok mona ko kwoj kani

Mindful eating melele in mona ilo am ekkol/kojbarok. Kwon likkun lale ta ko kwoj buki nan anbwinum, im rekkar nan ajmour eo am. Kajjion kojbarok ej kilton eo nan tobar ajmoujr.

Kajjioñ tips:

- Mōñā wot ilo ien eo anbwinum ej aikuj mōñā (wanjoñok, ñe kwo likkun eñdel, ak ne kwo mojjno).
- Ronjake ta eo enbwinum ej ba. Kotopar joñan eo enbwinum ej aikuji.
- Karok juon ien mōñā ippen ro jet im jonan mōñā.
- Etalle joñan mōñā ko ilo am buki.
- Kañ mōñā ko elap oñ ie.
- Ñe kwoj mōñā, likun bok am ien meiki mōñā

**Juon ian men ko ij aikuj in kokmanmanlok ej \_\_\_\_\_**



# Itoklimo ilo Komman mōñā in ājmour

## Bwebwenato an Anthony-part 2

Jen jinoun an kar Anthony roñ ek ebed ilo kauwotata in nañmij in tōñal, Ear jino an komman kelet ko remman nan ajmour eo an. Anthony ej kio:

- Bok mōñā ko ewor fiber, vitamin, and mineral, ko rej walok jen vegetable, whole grain, im fruit.
- Ear kadik lok an buki mona ko emoj processi.
- Jipadpad eo an bwe en bok mōñā ko elap on ier im dik calorie ie

Anthony ej kelet men ko ewor fiber im water bwe en kemate ilo an jab wor calorie ie. Fiber ej juon carbohydrate eo ej herbal ilo enbwinum ilo an jab kajidikdik. Mona ko elap fiber ie e ralok an digest. Eto bwe kwon enjake kole.

## Healthy Choices to Prevent Type 2

Komman kelet ko remman nan ajmour naj boktok ajmour. Kelet item ko me:

- Elap fiber, vitamin, im minerals, vegetables, whole grains, im fruit
- Edik jerbale
- Elap ōn
- Edik calorie ko ie

# Bok mōñā ko na ajmour



Ijelokin...	Kelet
½ cup chocolate pudding (153 calories)	½ Cup plain nonfat yogurt ippen 1 teaspoon jam (85 calories)
1 bag in potato chips (460 calories)	3 cups in air popped popcorn (93 calories)
1 medium serving in french fries (378 calories)	1 cup in baked home fries (243 calories)
1 slice in pepperoni pizza (338 calories)	1 slite in kajidikdikn veggie pizza (200 calories)
½ cup salsa con queso (179 calories)	½ cup plain salsa (38 calories)
1 cup orange juice (122 calories)	1 medium orange (69 calories)



# Itoklimo In Mona ilo Wawein ko Rejmour

## Idea ko nan ajmour naj jipan karmujlok ak bobrae Type 2

**Directions:** Jerbal ippen mottam nan komman jet idea nan ajmour. Ilo chart in itulal, jeiki etan mona ko kwoj konan jeniji. Iloncolumn ne tuanmoon, jeki mona in ajmour ko.

Ijelokin	Kelet



# Itoklimo In Mona ilo Wawein ko Rejmour

## Komani Rejibi ko

- Ukot iminene in mona ko am nan mona in ajmour.
- Kelet cheese ko elap nemeir, edik kuriij ie.
- Kelet mōñā ko ewor tokjeir.
- Bok mōñā ko elap ōnier .
- Komat veggies, green beans and broccoli, bwe ren bed wot ilo jokjok eo aer..
- Kainoknok mona eo kon herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill ak roast veggies im jelele nan kwalok nemen.
- Katak kilen komat kaal im recipes jen books, articles, and videos. Ak bok class in komat ko.
- Kwalok lomnak ko am ippen ro mottam kin kile komat .
- Kajjion kol ko nan koman mona ko reajmour..



# Itoklimo In Mona ilo Wawein ko Rejmour

**Rejibi Ko An Anthony** Anthony eitok limo in ilo komat! Anthony elap an enno lasagna. look in ewor ricotta and mozzarella cheese, ground beef, tomato sauce, im lasagna noodles. Ear kajjion iik eo an jipun ilo wawein eo ejmour im enno!

- 12 lasagna noodle
- 1 poundin ground beef • 2 cloves garlic, jiidikdik
- ½ teaspoon garlic pouta
- 1 teaspoon dried oregano, ak nan kenemnem
- salt im ground black pepper nan kenemnem
- 2 (16 ounce) packages ricotta cheese
- 2 leb
- 1½ (25 ounce) jars tomato pasta sauce
- 2 cups shredded mozzarella cheese

- 6 whole-grain lasagna noodles
- 12 slices zucchini
- 1 pound ground take
- 2 cloves garlic, chopped
- ½ teaspoon garlic powder
- 1 teaspoon dried oregano, nan kenemnem
- salt and ground black pepper nan kenemnem
- ¼ cup fresh basil
- ¼ cup fresh Italian parsley
- 1 (16 ounce) package part-skim ricotta cheese
- 2 leb
- 1½ (25 ounce) jars tomato pasta sauce
- 1 cup shredded part-skim mozzarella cheese
- ¼ cup mushrooms
- ½ cup spinach
- ½ cup red peppers





# Itoklimo In Mona ilo Wawein Ko Rejmour

## Rejibi in Emakutkut ko

**Directions:** Komman recipe ippen ro mottam. Kojerbal recipe ko ilo page kane jinoun, komman am make mona in ajmour . Jiki ideas kein ilo column 2.

Recipe Name: _____	Rejibi Ko

## Monakjen 9

# Kokmanman kolmenlokjen



**Kokmanmanlok kolmenlokjen enaj jipan bobrae ak karmujlok type 2 diabetes.**

## Rainin jenaj kenono kon:

- Ta ko rej koman inebata
- Ta eo ikotaan inebata im type 2 diabetes
- Wawein kadiklok inebata
- Ial ko nan jelmae inebata

## Kwonaj koman elmakot kaal!



### Tips:

- ✓ Jela ta eo ej komman am inebata. Lomnake ewi wawe am naj anjo ioon inebata.
- ✓ Katak kilen ba “jaab” nan men ko kojab konan kommani.



# Ta ko rej komman inebata



## Bwebwenato eo an Barbara–Part 1

Babra ej juon mama eo emake iaan im elikun lap an boub. Aolene ajiri ro nejin rej bed ilo school, im jemen bed ilo nañinmij. Dedein ke, Babra elikun ewor an full time herbal. Takto eo an ba nan e ke ebed ilo kauwotata in type 2 diabetes. Ear rojañe bwe ej aikuj luuj baun ilo an mona im emakutkut.

## Bwebwenato an Carlos–Part 1

Carlos elap an bin ñan e ilo ien ko an ej lomank emaron kommani aolep men ko ej aikuj in kommani, einwot kōlla bills, moj an herbal ilo ien eo ejet, komman an ien ippen baamle eo an. Leo mottan Carlos ej beddo ba nan e ke ej aikuj kokmanman mona ko ej buki, im emakutkut jen ke ear jela ke ebed ilo kauwotata in type 2 diabetes. Ej lomanake ewi wawein an nej komman okta ko ke enwot ejlok tokjaer kon aolepen men kein ej iioni.

## List two things that cause you stress:

1. \_\_\_\_\_

1. \_\_\_\_\_

# Inebata im Type 2 Diabetes



## Kadkad eo ikotaan inebata im type 2 diabetes

- Inebata emaron komman an **oktak ilo juka eo ilo botkto, eo emaron koman menin am bok type 2 diabetes.**
- Inebata emaron komman menin am, **kommani wawein ko rejab ajmour.**

## Bwebwenato eo an Barbara im Carlos–Part 2

Elikin juon ran likio in jermal, Barbara ej jipan ajiri ro nejin ilo homework ko aer, im bar einwot komat mana in jota. Ne ej dedelok mona in jota Barbara ej jijet ion couch eo im mona ice cream im bok class in wine eo kein karuo nimen.

Carlos elikun mok elikin an jermal ej jijot ilo couch eo elikin an kejota im aloj TV. Ej oktak im to an emmej im ej jolok iminene eo an kin an kijon emakutkut.

# Inebata im Type 2 Diabetes



## Ñe kwoj inebata, kwomaroñ eñjake:

- Illu
- Kutoto
- Inebata
- Tarbok
- Kole
- Jaje kottar
- Buromoj  
Inebata

## Emaroñ bar wor men kein:

- Metak bar, likum im kenwaam.
- Mokaj an bum menono eo am
- Kankan muscles ko
- Bidodo loje

## Ñe kwoj inebata, kwo maroñ:

- Lap am bok den in kadok
- Emelele
- Jab komani men ko kwon kar kommani
- Elap am emakutkut ilo ejelok tobark
- Dik am kiki, ak lap, ak aolepeir
- Kobatat
- Bok elon uno ko
- Lap am jermal

## Kwo maroñ bar:

- Kelet men ko rejjab ajmour
- Jab itok limo in koman emakutkut ko
- Jolok elap ien ilo technology ko



# Wāwein ko ñan kadiklok inebata

Ejjelok juon wāwein emaroñ bobrae inebata. Ak ewor jet ial ko ñan kadiklok inebata. Kajjioñ tip kein:

- ✓ Kajjitok jipan. Monono in kajjiotok jipañ ippen motam ak baamle eo. Rej konan jipan kon ta eo enaj eman nan kwe. Kwomaroñ jipañ er baj tokelik.
- ✓ Kwon kareoeo. Komani men ko ilo elajrak.
- ✓ En lap ien am kiki. Ej aikuj 8 awa in am kiki.
- ✓ Kwon monono! Komman ien nan komani men ko remmon. Etetal ippen motam, read book, ak watch e video. Aolep men ko renaj kamnonoiki eok.
- ✓ Kwon ba “Jaab.” ñan men ko kojjab konan.
- ✓ Kwojela kin kwe make. Jelā ta ko rej komman menin am inebata. Lomnake ewi wāwein am naaj jelmaiki.



# Wāwein jolok inebata



**Kwoj inebata ke? Jolok cookie ko! Innem kajjioñ mōñā in ājmour ñan jolok inebara.**

- ✓ **Bonbon ñan 20. Minin enaj jipañ komelij eo am kakije.**
- ✓ **Kakijeik eok make. Message e enbwinum, tutu ilo den menen, idaak herbal tea, roñjak al ko remaroñ kaeneman eok.**
- ✓ **Kenono ippam make. Jet naan in kaeneman, einwot: “jab ekairir. imaron bok ao ien”**
- ✓ **Kajjion jet wāwein ñan kakijeik eok. .**
- ✓ **Kokankan enbwinu. Komman e exercise eo ej yoga**

## Ways to Relax

Ebok ien bwe kwon loe tobrak eo. Kajjion e 10 minute ilo juon ran Ronjake al in kaeneman, ealane ewor am wish. Ilo jinoun, emaron eman ne konaj babu ilo an marok, ilo juon room eo ejelok keroro ie..

**Kokankan muscles.** Jutak lontak kon muscle ko am. Debiji 5 second. Kio kotloke. Enjake an muscle eo relax. Komane wawein in kin jimun niim, neem, im muscle ko ilo neem



# Wāwein jolok Inebata



- ✓ **Bok menwam. kwomarñ, bok jidik ien kakije jen men ko rej komman menin am inebara.**
- ✓ **Kenono kin eñjake eo am. Kwalok ñan mottam ak baamle eo ta ko kwoj inebata kaki.**
- ✓ **Kaidiklok am idaaq men ko ewor caffein ie. Rej komman menin am ikumkum.**
- ✓ **Emakutkut wot! Komman herbal ko—mene kwoj etetal bajjok.**
- ✓ **Komman men ko rekaitktok limo. Dioj im eb, etal im kaikujkuj, kenono ippen ro mottam. Komani men ko eitok limo ie—toon wot aer menin ajmour.**
- ✓ **En erreo kolmenlokjen eo am. Men kein remaroñ in jab likun emman ilo am lale lok.**

## Ways to Relax

**Meditate.** Kolmelokjen kon juom men eo enaj jipañ eok kaeneman eok. Emaron juon pija ak al. Jab inebata ne ewor lomnak ko jet rej jiktok..

Bar rol liklok ñan pija eo im ainikien eo **Imagine.** Lomnake juon men eo ej kwalok ke elap am emman. Kajjioñ pijaik eok make.

**Breathe deeply.** Relax e muscle ko. Likit juon pā itulal in diim. Koraloqe am bok kutuom ilo botum. Enjake an peim walonwaj. Jidik kake am kotlok kutuom.

# Monakjen 10

Mōñā in ājmour ejab ilo kabijuknen eo wot



# Linuri Ekatak Ko



**Kañ mōñā rekkar naj jipañ karmujlok ak bobrae type 2 diabetes.**

**Rainin jenaj kenono kon:**

- Kabañbañ ko ilo am mōñā mōñā ko rokkar ilo restaurants im ilo ien iaio ko.
- Wāwein karok ien ko

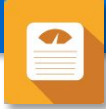
**Kwonaj kommane juon elmakot kāā!**



**Tips:**

- ✓ Kajjitok kon kein kere im wawein kebooj e.
- ✓ Ilo am bok mona in kotaan awa ilo mweo mokta jen ien iaio ko. Enaj jipañ eok kon kelet ko reajmour..

# Bwebwenato eo an Jose-Part 1



Takto eo an Jose ej ba ke ebed ilo kauwotata in type 2 diabetes. Ej aikuj ukot wawein mōñā ko kijen. José ej kañ mōñā in ajmour ko in jota. Eoktak bwebwenato eo an kin mona in raelp José ej rikkal em. Ilo raan, kaju ñan bar juon jermal. Ekkā an mōñā mōñā ko emokaj kommani. Ekka an mōñā burger, fries, im dak cola.

José elikkun itok limo ippen baamle eo an. Ak elikun bin an komman oktak ilo mōñā io ien ko rellap. Ebin an kommani kelet ko remman. Jinen elap an iuni lok bwe en koman oktak. Ejjab kōnnan kainebataiki im ej bok juon.

**Ta ej ej komman an bin am koman kelet ko reājmour ekkoman menin am ko im mōñā?**

1. \_\_\_\_\_

1. \_\_\_\_\_

# Juon iminene ekaal ñan kelet mōñā in ājmour



Komme juon imminent in kelet mona in ejmour ko ilo restaurant. Rej nej baj enno wot ippam.

## Dining Out—1 Buñton ne, Elap Oktak



Large Fast-Food Meal

	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
<b>Total</b>	<b>1,300 cal</b>	<b>46 g</b>



Regular Fast-Food Meal




	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
<b>Total</b>	<b>730 cal</b>	<b>23 g</b>



# Juon iminene kāāl ñan kelet mōñā in ājmour

Lale wāwein am bune calorie im gram kiriiĵ. Pedro, Nancy, im Barbara, im Latasha rej komman jet oktak ko nan komman mōñā in ājmour

## Dining Out–1 Buñton ne, Elap oktak

Pedro	Nancy and Barbara	Latasha
		
<ul style="list-style-type: none"> <li>• Swaps out the fries for a side salad with Italian dressing</li> <li>• Switches out his soda for a diet soda, then gets a refill of water</li> </ul>	<ul style="list-style-type: none"> <li>• Decide to split the large meal</li> <li>• Each orders a child-size beverage</li> </ul>	<ul style="list-style-type: none"> <li>• Mixes it up by ordering takeout from a new local restaurant</li> <li>• Gets a small lentil soup, a small chicken shawarma and hummus, unsweetened tea, and sparkling water</li> </ul>
Total Calories: 620 cal Total Fat: 33 g	Total Calories: 655 cal Total Fat: 22 g	Total Calories: 662 cal Total Fat: 19 g

# Kelet mōñā in ājmour ilo restaurant



## Plane Moktalok

- Lale menu mokta jen am etal ñan restaurant ak mokta jen am jijet
- Compare calorie ko ilo menu eo mokta jen am koman kelet
- Ñe kwoj bok kōmaulal kelet men ko edik calorie
- Lomnake emakutkut ko kwonaj kommani mokta/elikin ien ko rellap.

## Kelet mōñā in ājmour aolep jikin kwoj etal ielok

### Bukot im kelet naan kein ilo menu eo:

- Komat
- Jitiim
- Ejmour/kelet ko remera
- Broile
- Dik Kurij- Ak ejelok Kurij
- Whole grain/whole wheat
- Komat ion kijeek
- Vegetable oil
- Light
- Diet/Kelet ko rejmour



# Kelet mōñā



## Bunton ne dikdik, Elap Oktak

	Jejet in jonan mona	Swap 1	Swap 2
Meal 1	Double cheeseburger, frie kileplep im kola kileplep	Single cheeseburger, frie jidikdik, te eo ejab tonal	Sandwich in bao, fries jidkdik tea eo ejab tonal
Meal 2	Kanne kon tibdikdik in jelele-lovers pizza	Regular crust pizza	Thin crust veggie pizza, light cheese
Meal 3	Taco salad im shell ippen ground beef, sour cream, shredded cheese	Taco salad ippen bao, topping ko	Taco salad, ejelok kilin ippen bao, light sour cream im light cheese
Meal 4	Sweet and sour bao kalipupu kon bilawe	Sautéed chicken stir-fry ilo rice eo	Shrimp stir fry ippen brown rice





## Controle joñan size in mōñā eo

- Likun lale bwe en jejet joñan mōñā eo:
  - “Ikōḡan jimettan ak bokan kijen ajiri.”
  - “Ikōḡan bōk rejet in item in (or the lighter-fare item) kottopar eo ao in.”
  - “Komro nej in motta share e men in, kem kōnan bar juon plate.”
  - “Jouj, im boktok kijo to-go.” (Kajimetan e mokta jen am mōñā!)
- Kajjioñ in etale joñan mōñā ko ilo restaurant eo ilo am lale mōñā ko emoj aer orderi. Enaj jipañ eok kelet mōñā kwo konan orderi.



# Mona ilowan/itunaboj

## Order jen Menu

Kojerbal menu tip ko emoj kalikari, lale ta eo kwomaroñ ukote ilo am order kijom. Options ta ko jet komaroñ buki ilo am monono ippen baamle eo am im ro mottam ilo ami lo kijen doon? Kumi eo am remaorn jippañ eok koman kelet in mōñā ko ñan ājmour . Jipañ ej boktok elap jerman ko!

**Record e karok ko am im jeiki itulal::**

Ij kojerbal wawein in...	Kelet Men In...	Ak Men In...

# Mona Itulowan/Itunaboj



## Ewi ian wawein kein itulal kwoj loe eok ie?

- Bar etale menu eo im manjabbobo bwe kwon jab ilbok.
- Compar calorie ko ilo menu ñan jipañ komman kelet ko rejejjet.
- Bok mōñā ko remera ñe kwoj lomnak in ebok am komaulal.
- Lomnake juon emakutkut mokta im eelikin kejota.
- Lale menu bwe emaroñ jipañ lewoj jet kelet ko romman, einwot baked, steamed, or healthy/lighter choice.
- Say, “Ikonan side ko rej aō kottopar,” “Eo motta komro naj share, komro ej bar ikuji juon plate,” ak box ko to-go”
- Lomnak kin portion sizes ilo am lale mōñā ro jet rar orderi.

## Ta juon ian wawein kein konaj loori?

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# Mōñā mōñā in ājmour ilo ien ko rellap

## Kebobo ien ñan ien ko rellap:

- Mōñā jidik ilo mweo, mokta jen am tin buul mōñā
- Mabuñ ak mōñā snak in jippoñ tata
- Kelet jet wawein ko ñan ājmour.
- Boktok mōñā in ājmour ko bwe jen share e
- Kajjitok elañe kwomaroñ boktok mōñā in ājmour ko

# Mōñā mōñā in ājmour ko ilo ien rellap



## Nan mona mona ko rekkar ilo ien iaio ko ippendroon:

- Make serve e eok ilo porton ko reddik
- Kwon bok ñan joñan kan remman
- Limiti joñan kokan ko rekomakmok
- Kajjitok kon kere ko im wawein komati
- Kañ mōñā ko kwar bukitok
- Katak kaki ta ko kwar likit ilo plate eo am
- Bikot jet kol ko renaj komad eok bwe kwon jab likun mōñā ilo buffet ko
- Debdeb wot ilo am daak dren ko ejjelok calorie
- Bok wot aiboj ilo peim
- Limit alcohol
- Ba “Jaab, komol”





# Ippen droom ko rej (Optional)

Bok kelet eo emman tata ilo selection ko

Mokta, brainstorm e aolep mona ko renno renaj bed ilo ien in. Kumi eo am ren kelet mona ko rejejet ilo ien in elap. Kwon likkun lale bwe kwon kelet mona ko rekkar im jejet. Kelet kein renaj jet kelet ko renaj jippan eok kon kottopar eo am.

Appetizers/ Snacks	Jelele	Vegetables/Sides	Bilawe	Komaulal	Den

# Ippendroon Ko



**Kommane plate eo kijom!**



# Bwebwenato eo an Jose Part 2



José kajjion jino juon iminene in komman kelet ko rekkar ilo an naaj mona ilikin kabijuknen. Ej keboj mōñā in ajmour ko ñan ran eo juon. Ne ej wia mona in realep ej order salat. Ijjelokin an idak regular cola ej idak diet cola, im ej beddo teiñi kon aiboj. Jose ej emman lok an itoklimoin kon iik eo jibun ear lelok, ej kane bilee eo kin bean im corn salad im roasted vegetables.

Ej kajjion kommane juon an iminene ilo an likit bag in mona in raelep eo an ilo table eo ilo kitchen eo, bwe ilo ien an karreo, en loe im kememej in karaoke, im keboje nan an bar komman mona in ajmour ko nan ran eo juon. Ej reward e make ilo an kommane 5 kottan komman mona in ajmour ko.



# Monakjen 11

## Lolorjake kanban ko



# Lolorjake



**Kile im ukot wawein am associate ippen menin kabo ko nan bobrae ak karmujlok type 2 daibetes.**

## Rainin jenej kenono kon:

- Ta menin kabo ko im ewi wawein kommane kelet ko remman nan wia, mona, im jijet
- Menin kabo eo ekka an walok ilo ien kaikujukuj im ien mona im bok ad ien jijet bajjok
- Menin kabo ko
- Ekojkan enjake im ikurelel nan tel im koman oktak ilo am mona and cues lead to your food choices and eatin

## Kwonaj kommane juon elmakot kaal!



### Tips:

- ✓ Jab treat i eo kwoj iakwe kin tonal, kwalok iakwe ilo wawein eo ejmour.
- ✓ Elane kwoj mona snak ilo ien alooj TV, jab bok bag ko rekillep. Bok men ko rej kabwe wot juon armij.
- ✓ Elane ekka am babu im alooj TV ilo elkin kejota, emakutkut ilo ien karelel ko.

# Bwebwenato eo an Marta



Marta ej kab jela ke ej bed ilo kauwotata in type 2 diabetes. Kio ej aikuj utkot kilen an mona im an emakutkut.

Ilo ran in herbal, , Marta ej jerkak wot ke ej 5:30 in jimmarok. Ne ej tobar mon kuk eo, ej jino komman coffee. Nem eo wot ak ekoman menin an ruj. Ej komenen e pastry eo bwe in boke ippen coffee

Ilo 3 elikin raelep, ej jino an adiboulul. Kin men in ej bojrak ilo mon coffee eo bwe en bok nimen. Ilo vending machine eo ej bar wia pastry bwe en idaa ippen coffee.

Lo jota lok, Marta ej aikuj kake dikdik lok jen an kar likun busy. Kio ej okjaklok ilo couch im alooj TV. Ilo ien karelel ko an pija eo, ej jutak im bok nimen bia im kijen chip.

# Menin Kabañbañ



## Joñok ko Martha ej kōmmani

Awa	Jikin	Won ro ipelakum	Ta ko remman?	Ta ko rej aikuj oktak?	Ta Marta Emaron komane
5:30 Jippon.	Jikin Komat an Marta	Make iam	Bok juon kab in coffee nan am ruj mokta jen an jino komani herbal ko an ran eo	Mona dredrelok ko (300 calories)	
3:00 Raelep	Lounge an rijerbal	Adam	Jutak jen table eo an Etalal nan lounge Kenono ippen eo motan Adam Bok an snak	Mona dredrelok ko(300 calories)	
Jota	Marta	Her partner	Kakije im monono ippen partner eo an	Mona dredrelok ko einwot chip im kola ko(500 calories) Kiki maanwot TV eo	

# Bwebwenato eo an Marta-Part 2



Marta ej jino an bikotkilen kabañbañ ko. Ran kein, elap an kiki wot, ejjab adiboulul in raan. Ej aikuj boke coffee ilo jippoñ im jota. Ijelaok bwe en mona pastry ko ej mona oatmeal eo ej kotonale kon teaspoon in syrup, blueberries im walnut.

Marta im Adam rej jolok 10 minit rouni mweo. Marta ej katolok e jen vending machine ko. Kio ej boktok fruit im cheese im crackers nan mona in kotan awa ko an.

Marta ej aloj wot TV nan jolok an mok jen kar likun mok. Ak ej bok 20-30 minute etetal ne ej nana mejatoto, rej ekkotak ne ej wot. Kio ej bok 3 cups in popcorn im bia.

Marta loor wot karok eo an ilo an komman jidik oktak. Oktak jidik kein renaj koman elap oktak im jokne..



## Menin Kabo ko ilo ien Kaikujkuj mona, ilo ien mona, im ilo ien jijetbajok/jijet wot

### **Kabbo ko ekka aer walok:**

“Ekkā ad share e popcorn ko im cola ko ippen doon.”

“Ij kijōñ bojrrak ilo bus in wia taco eo aolep ien ao kakije.”

“Ñe ij roñ ainikien waan ice cream en, ij buul im wia kijo.”

“Aolep Bolaide baamle e ao rej mōñā piza.”

“Aolep ien ñe ej dedelok kejota ij mōñā men ko retoñal.”

“Ña im ro motta ekka ad mona chicken wings, beer, im chips mokta jen game ko”

“Doulul eo an kora eo ilo mon jar eo ekka am mona donut im coffee elikin wot jar”

### **Kabo eo juon ej jijet bajok:**

“Ña im eo motta ekka amro jijet elikin mōñā in raelep.”

“Ekka ao jijet im ikkure ilo game ko ilo TV.”

“Baamle eo ao ekka aer jekab aolep jota.” “Im ne ej moj kejota rej aloj TV.”

# Menin Kabo ko



## Ukot wawein kabobo ko ilo kaikujuk ko, mona, im jijet bajjok

**Directions:** Jerbal ippen doulul eo am im kwalok menin kabobo ko ilo ien kaikujuk mona, mona im jijet wot. Jei menin kabobo ko jet ilo colum ne ituanmiin iuminr “Jei Men Ko Am Make.” Innem, elmakote ewi wawein am naj namejlan kabobo ko. Jei idea ko am rekaal ilo column in

Kein Kabo ko ilo Ien Kaikujuk	Wawein Ko Nan Jino Juon Mul Emman
Rej outlook kaki, ak ewor ao coupon.	<ul style="list-style-type: none"><li>• <i>Biktok jet wawein ko renaj japan.</i></li></ul>
Einwot Ekabobo	
Ikajor Wiaki.	
Dood Am Make	
Dood Am Make:	

# Kabo ko jet



Kabo ko ilo mōñā	Ial ko nan koman ialan jeer jen menin kabo ko
Eitok wot bwe in mona chips ak pretzels ñe ij aloj TV	<ul style="list-style-type: none"><li data-bbox="581 347 1547 380">• <i>Jolok am mōñā jen nien mona ko rekkilep. Bok tarrin juon wot serving.</i></li></ul>
Ij bojrak ilo drive through ko ne ij ilok nan mweo.	
Ij monono ippen ro motta im baamle eo ao!	
Elap ao kole, ebidodo lok kobellok backage jen keboj mona eo	
Men in elikun kabobo	



# Menin Kabo ko



Kabo ko ilo mōñā	Wawein komman oktak
Ikonan mōñā, mōñā ko	
Ij loi karelel ko ilo social media ko kin mōñā ko	
Kommane kijom make	
Komman kijom make	
Komman kijom make	

# Menin kabo ko



Kabo ko ilo jijet bajok	Kommane juon wawein kaal
Jijet im alooj TV game ko	<ul style="list-style-type: none"><li data-bbox="691 325 1296 350">• <i>Emakutkut ilo ien karelel ko ak ilo ien break ko</i></li></ul>
Jijet im kenono ilo Talpoon	
Jijet im ikkure ilo game ko	
Jijet bajjok ippen ro motta im baamle eo ao	
Jijet im kottar rijkuul/ripractice ro	
Jijet bajjok im alooj ilo talpoon	
Komman am make:	
Komman am make:	



# Kabo eo ekka an walok ñan ña

**Directions:** Tulal ej waanjonak eo in iminene eo, kabo ko ekka aer walok ilo iminene in, ilal in ukot lajrak kein. Ilo space in kwalok iminene eo kwoj kommane ukote? Ta menin kabo ko koj iminene kaki? Eликтата, lomnake ta eo kwoamron jolok im jab bar eliji ilo iminene in menin kabo ko.

Iminene ko emoj ao ukoti	Kabo	Ta ko kwoj kommani
Ekka ao illik tonal ilo cart in wi eo	Mon wia ko ekka aer likit tonal kab men ko re salt ilo turn wot jikin kolla eo ilo elon wun. Rejela ke ajri ro ekka aer konan buk men kein..	Komman karok ko mokta jen am check out. Pick healthy treats ko nan kwe im ajri ro.
Ekka ao kakolele mokta jen kejota. I Ekka ao snak mokta jen ao mona mona in ajmour ko. Ij kañ juon bag in chip mokta jen ao kejota.	Emman ñe kwoj kole mokta jen am kejota. Ilo am maro kwomaron ba wot kokle.	Plan e healthy snack koim jolok unhealthy snack mokta jen kejota. Idaak aiboj im bikot jet wawein ko remman nan kwe im ajri ro.

# Kabo ko



Iminene ko ikonan jeniji	Kabo	What To Do Instead
<p>Ne ij lolok baamle eo ao, kemij jijet ilo jikin mona eo im mona im bwebwenato aolelen raan eo, Ekka an tar jen jonan ao mona..</p>	<p>Baamle eo ej boktok elon kain kakememej ko ilo aer ippen dron im boktok elon kain mona ko ilo ien jemdoon eo</p>	<p>Komman juon elmakot kaal. Kwalok nan ippen baamleo eo. Kajion jab mona kotoan awa. Boktok ak komman veggie tray nan mona in kotan awa, kobaiktok vitamins, minerals, im fiber nan am bed wot ilo am ajmour. Plan e ien makutkut ko ak etetal ko ippen baamle eo am.</p>
<p>KOMMAN AM MAKE:</p>		
<p>KOMMAN AM MAKE</p>		
<p>KOMMAN AM MAKE:</p>		

# Enjake im Konan Ko Rej Tel Nan Kelet



**Directions:** Jet ian eñjake ko ekka aer komman ad jab komman kelet ko rejimwe. Bok jidik ien kolmenlokjen kon iminene in mona ko, im ta oktak ko kwoj konan kommani, im ekojkan am kommani

Iminene ko	Iminene in mona/men ko ikonan ukoti	Etke ikonan ukoti	Ta eo ij aikuj in kommane
Example: <i>Ilikun mok</i>	<i>Elañ ewor juon men ij kommane iilo boñ, imok ilo ao emmej, men eo ej jipañ iō ej mōñā.</i>	<i>Ij mona in likuon bon jekdoon ne ijjab kole, im calorie ko rej laplok wot</i>	<i>Ij kajjion kiki wot in jota, im imaron idaaq aiboj/ meme bul ko rejab juka, elane ij emmej im kadedelok herbal ko ao.</i>
Immōk			
Inebata			
Illu			

# Enajke Im Konan Ko Rej Tel Nan Kelet



Iminene ko	Iminene in mōñā/wawein eo ikonan ukote	Etke ikonan ukote	Ta eo ij aikuj in kommane
Ikkor			
Imōḡōḡō			
Iadimakoko			
Imake iao			

## Monakjen 12

Bed wot ilo am emakutkut enaj bobrae T2



# Lolorjake



**Bed wot ilo am emakutkut enaj jipan karmujlok ak bobrae type 2 diabetes.**

## **Rainin jenaj kenono kon:**

- Toprak ko renaj walok ilo am emakutkut
- Kabanban ko ilo am bed wot im emakutkut ilo juon kutien eo eaitok
- Ewi jonan eo emoj am tobar e jen ke kwar jino burokraam in

## **Kwonaj kommane juon elmakot kaal!**



### **Tips:**

- ✓ Jela kon “etoke” Kakememej eok aorokin am emakutkut. Kajitok jipan ippen mottam ak baamle eo kakememej eok.
- ✓ Nebar eok mak. Komane jidik, non-food reward ilo am topar kottopar eo am. Kajitok jipan ippen ro mottam im baamle eo am kon kottopar eo am.





# Bwebwenato eo an Teo



Teo ebed ilo kauwotata in type 2 diabetes. Takto eo an ej jiron e bwe en luuji 20 baun im kommane 150 minit ilo kajojo wiik.

Kon an likkun lap an kate, Teo etobar kottopar eo an ilo an diklok eddo eo an. Tonal eo ilo botoktokin ebed ilo jonan eo emman. Takto eo an ej ba ke ejako an bed ilo kautata in type 2 diabetes. Takto eo ej jiron Teo bwe en bedwot ilo an kate. Im ej bar kakememej e kon aorok in emakutkut:

- Kokmanman am kiki im biktokum
- Kokmanmanlok an eman am bed
- Kadiklok blood pressure im cholesterol
- Kadiklok am maron bok heart attack im stroke
- Kadiklok am inebata
- Elaplok kajojo
- Kokajojo muscle ko

# Bwebwenato eo an Teo-Part 2



Kio jikejuul eo an elap an boub. Kora eo ippen ej kilaaj in jota. Kio, ilo an komat kejota nan baamle eo an, ej aikuj keboj mona ko 2 ran ilo juon week.

Teo ej etal nan mon wia mona ko ilo ien mona in raelep ko an. Kon menin ejelok an ien etetal in elikin raelep. Eben an komman an ien emakutkut. Kon an tobar kottopar eo an, ediklok an itoklimo. Iminene eo an kon etetal emoj an diklok.

Teo ej kelet bwe en bar jinoe. Elap an emakutkut ippen ajri ro. Ej nebar e make kon jidik, menin nebar ilo an tobar kottopar eo an. Ej kajitok ippen ajri ro bwe ren bokkonaer ilo komane mona ko im jermal ko ilo mweo, elaplok an emakutkut.

Rainin, Teo ebar rol nan kilen emakutkut eo an. Emoj an kelet bwe en bed wot ilo an emakutkut, ekonan bwe en bed wot ilo an ajmour, im elap an emman ippen ne ej lap an emakutkut.



# Wawein ellā ion kabañbañ ko

Emaroñ wor kabañbañ ko ilo am active ilo juon ien eo eaitok. Jet ian kabañbañ ko im wawein ella jeni. Jeiki lomnak ko am ilo colum ne ej ba “Wawein ellā ion” Kokaleiki men ko emoj am kajioni.

## Kabañbañ ko

## Wawein ellā ioer

## Wawein am topar kottopar eo

**Ij eñjake an jab itok limou.**

- Jelā kon“Etke”** Kakememj eok make etke eaorok bwe kwon emakutkut. Kajitok ippen baamle eo bwe ren kakememj eok.
- Komman elmakot eo mokta.** Komman bwe am emakutkut en juon iminene. Likiti ilo calendar eo am
- Kwon wujleplik eok.** Jerbale ippen baamle eo im mottam. Bed ilo fitness class ko. Join ippen ro rej etetal.
- Komman bwe en kaitoktoklimo.** Wonmalok wot ilo am bikot juon emakutkut eo enej eman ippam. Komman am makutkut ilo ien am alooj ak ronjake. Kajjion e fitness app.
- Challenge yourself.** Set new fitness goals for yourself. Or compete with a friend.
- Reward yourself.** Give yourself small, non-food rewards for meeting your fitness goals. Ask family and friends to support you.

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# Ekojkan am ella ion kabañbañ ko

## Kabañbañ ko

## Wawein ella ion

## Ial ko jet nan topar kottopar eo

### Edik ien ko ao.

- Jerbal elikin an dedelok am jerbal.** Ekairir ilo am buruum, loan moor, wia, ketetal kidu eo.
- Kommane jet ien exercise.** Ekkotak kon kein ekkotak ko
- Bed wot ilo am.** Etetal ippen eo mottam, etetal ilo am talpooon.
- Etetal ne kwoj bikwot juon jikin.** Bajkol nan jikin jerjbal eo. Park in a distant part of the lot. bok jikinuwe ko ijelokin elevator. To jen bus eo juon jikin bojrak etolok .
- Divide and conquer.** Kwon kommane 10 minit jen 150 elane eaban.
- Ask for help.** Kajitok ippen baamle en jipan eok bwe en lap am ien emakutkut.

- \_\_\_\_\_
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### Edik jeen ko ippa kon oktak ko.

- Kommani activity ko ejelok onaer einwot etetal, eb, im maaj ilo juon jikin.
- Wia nukuk in exercise ko ilo ien wotlok ko.
- Kabbok fitness kilaaj ko ejelok onaer.
- Kabok fitness kilaaj ilo video ko.
- Kajitok elane ej free kilaaj ko ilo gym ko.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Namejlan kabañbañ ko



Kabañbañ	Namejlan kabñbañ ko	lal ko nan tobar kottopar eo am
<b>Mejatoto ejjab emman ñan etetal inajboj.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Konak nuknuk ko ekkar nan mejatoto eo.</li><li><input type="checkbox"/> Etetal ilo mall eo.</li><li><input type="checkbox"/> Kadjion bar juon wawein, einwot aaō.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Ibed ilo joren.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Kadjitok ippen takto eo bwe en jipañ, bwe elane ekkar bwe kwon kakiej im kamoloiki ijo ejoren.</li><li><input type="checkbox"/> Bar bikot juon emakutkut elane ewor metak ak kwoj maron wot in aaō.</li><li><input type="checkbox"/> Kojerbal kein splint ko .</li><li><input type="checkbox"/> En laplok am emakutkut.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



# Lale joñan tōprak eo emoj am kommane!

**Directions:** Ilo juon kumi jidikdik, kenono kon kajjitok kein:

Makutkut ta eo kwar kommane ke kwar jino pirokraam in? Ta makutkut eo kwoj kommane kio?  
Jete minit in am emakutkut ke kwar jino burokraam in? Jete minit kwoj kommane kio?  
Ewi eñjake eo am ke kwar jino burokraam in? Ewi enjake in am kio?

Ilo space in, jeiki ta ko kwar kommani. Ilo activity in, volunteer enaj kojerbal wawein eo ej ba JOLOK.

**Jolok:**

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**Aolepen group eo :**

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# Ewi wawein ao nej emakutkut wot

**Etke kwoj konan wot emakutkut ilo juon kitien eo aitok?**

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**Kabañbañ eo ñe enaj to kitien am emakutkut?**

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**Ewi wawein am naj jemaë kabañbañ kein?**

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# Wawein Ko Nan Bed Wot im Emakutkut

**Jidik emakutkut emaron jipañ eok. Kokale ki idea eo kwoj konan kommane. Im kajjioni! Lale ej et eman ke.**

## Etetal ñe kwomaroñ

- Ilo jikin jermal, bok 30 minit etetal.
- Jo jen baj eo ijo ettolok jen mweo bwe kwon etetlok nan ie.
- Etetal jimetan awa ijelokin am alooj TV.
- Etal ilo walonlok ko ijeleokin am jeboli.
- Komman bwe aolep jippoñ Jedede ej ien am etetal.
- Park ijoko rettolok jen mon iwa ko.
- Ukot jen Sunday drive nan Sunday walk.
- Etetal elikin am kejota.
- Etetal elikn ilo ien am break.
- Etal ilo escalator ko ijelokun elevator.
- En to am etetal ippen kidu eo nejum.
- Kaium am etetal ilo mall eo.
- Etetal lok nan mon wia ko.
- Etetal ippen rijikuul eo nan jikin jikuul





# Tip ko ilo am komman makutkut ko kajojo ran

## En lap am emakutkut ilo mweo

- Kommani men ko inabojin mweo.
- Loan moor e naboj in mweo.
- Unoik mweo.
- Rake e naboj elikin am loan moor.
- Buruum, mop, ak vacuum floor eo.
- Kwaa wa eo waam kon peim.

## Bed wot ilo am makutkut

- Jolok device ko rej komani jermal ko, enwot eclectic mixer eo.
- Kelet makutkut eo e kwon nan kwe ilo kajojo raan.
- Eb dikdik ippam make ak eo mottam.
- Komman menin nebar nan eok make ejjab kon mōñā ko.
- Elañe kwoj ilok nan ien ikkure ko, etetal im jab jijet bajjok.
- Etal ippen juon doulul eo ej etetal ak hicking.
- Ekkotak ak kein resistance band ilo am aloj TV ak video.
- Maaj maanlok ilo am alooj TV.
- ikkure tag, Frisbee, ak soccer ippen ro nejim ak ro jipum.
- Kajjion emakutkut ko rekaal.
- Kojermal kein emakutkut ko ilo talpoon ak computer ko.
- Kojermal video in emkutkut ko.



# **Mōnakjan 13**

## **Bok eddoin inene/edodo**





**Bök eddoin lõmnak ko am make emaroñ jipañ am bõbrae ak karumijlok type 2 tõñal.**

### **Rainin jenej kenono kōn**

- Ewi wāwein najikin kōlmenlokjen in kakkure ko ippān kōlmenlokjen in jipañ ko
- Kajeoñ jolok lõmnak in kakkure ko im bök lõmnak ko im rejipañ

### **Kwonaj bareinwõt kōmmene juōn elmokot in jermal kää!**



#### **Tip ko:**

- ✓ Jela kōlmenlokjen in kakkure ko am
- ✓ Kabōjrak kōlmejlakjen in kakure ko
- ✓ Lõmnake kōlmenlokjen ko rej jipañ ijelokin

# Bwebwenato in Fabienne 1



Fabienne ej bed ilo kauatata ñan type 2 tōñal. Innem ej kajeoñ kōkmanmanlok an mōñã im emakūtkūt

Aolep ran, Fabienne ej etetal im kabole park eo. Ak ilo ran in juje eo ewoot im lōmnak eo an bwe en ej jolok rainin bwe ejab emman lãñ

kiō Febienne ej ebar lōmnak kon joñan an kate ilo an bed wot im active maantak, ilo an etetal aolep ran ej juōn imineneeo emman ippãn, im lap an nebar e make.

kio Febienne ej ukotlok lōmnak in kakkure ko ñan lōmnak ko rej jippañ wōnmanlok ilo kōtōbar, ke ear woot, ijelok in an jab etetal im kamakūtkūt ãnbwinnin, ak ekōmman bar jet emakūtkūt in activity ko jet.



## Buñten ko ñan bobrae kōlmenlokjen in inebata:

- Kaminene yuk kile Lōmnak in kakkure ko.
- Kon kōmmani action plan ko am ilo mol, kon Kōmmani, kalikari, Kōmman ien.
- En juōn eo ekatōñtōñ
- Kejabrok am mour: Kadriklok am inebata, kabwe awa in am kiki, mōññã, mōññã ko re ãjmour, im bed wot ilo am active..
- Kalikar men kein otemjej bwe en emman am loe.
- Kobalok iben armej ro rej jibañ jen am inebata ak jolok am inbeta.
- nebar yuk make kōn wōnmanlok ko am.



**1. Kalikar kōlmenlokjen in kakkure ko am. Kōlmenlokjen ta ko rej kakkure kōtōpar in mōñã im fitness ko am?**

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**2. Bōjrak jen lōmnak in kakkure ko. Jet armej rekōnan pijaikilok juōn sign in bōjrak eburōrō im kilep. Ro jet rekōnan antonelok ainikien an juōn waa bull juri brake ko an, ak nan in “BŌJRAK” elemen am naj “jur brake ko” ilo kōlmenlokjen in kakkure ko?**

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**3. Lōmnake kōlmenlokjen in jippañ ko ijelokin ko rej kakkure. kōlmenlokjen in jippañ ta ko komaroñ ukoti kōlmenlokjen in kakkure ko kaki?**

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# Ukōt kōlmenlakjen in kakure ko kōn kōlmenlakjen in jibañ kein



## Ukōtlok kōlmenlakjen in kakure

Ñe konaj jelã kōn type ko an inebata enaj lukun jibañ eok kilen am ukoti ñan lõmnak ko renej jipañ eok.

### Men ko im rej kōman am ebwer

- kamōje ak jab kōmane —Koj lornwot an lap belakin. ako kojab ta koniolap en.
- Kōman unin bwijrak—Jo nae kelet ko am, men ko jet, ak jo nae armij kon kelet ko am make
- Tu makajin—lomnak wōt kōn men ko renana jen men ko remman. Einwot kein, “ ij aikuj in jolok ao edodo aolep aloñ .”
- —You call yourself something bad.
- Comparing—You compare yourself with other people and find yourself lacking.
- Pessimistic—You assume the worst.

### Wanjonak ko kon Lomnak ko rejab eman

- ljela ke ij nej bok wot naninmij in tonal kon ke jino im jema ewor aer naninmij in tonal..
- ljab maron bar mona ice cream.
- Ejelok ej jipan iok kon wawein kokmanmanlok ao ejmour.
- Na juon rimojno.
- Iijjab maron tobar kotobar eo ao konke lio ippa ej komat kukiij.
- Teo elap an luuj baun jen na.
- Elap an molo (ak bwil) inaboj nan ao etetal
- ljanin de debdebwot ilo kotobar eo ao ilo week ink. • Stella ekajuor jen na.
- Ejab kaitoktoklimo Exercise
- Ij kab jela ke inaj metak. Kio iban komane makutkut ko ao rainin..
- Na ij make wot im jaje komat mona.

### Ne kwoj kolmenlokjen kon loman ko rejab eman, kajitok kajitok keins:

- Naat in inaninkar jab mean?
- Ta eo ipelaku ej koman menin an jab eman kolmenlokjen eo ao?
- Ta ko remaron jipan eo bwe in bojrak jen lomank ko renana
- Ta ko remaron jipan kokmanman lok kolmenlokjen eo ao?

## Monakjen 14

# Bar Rol Ñan Jibadbar im Kõtõbar ko am





# Session Focus



Bar rol ñan track kōn Kōtōbar ko am ilo am mōñã im fitness emaroñ jipañ karumij lok type 2 diabetes.

## Rainin jenaj konono kōn:

- Päd wōt ilo am lo eman in men otemjej
- kajerbal 5 bunteñ ko ñan na mejlan jorren ko

## konaj bareinwōt kōmmane juōn am elmakot in jerbal kããl



### Tip ko:

- ✓ Bolen jet ien konej bojrak ilo juon ak ruo week ilo kotobar ko, im menin ejelok joran rej naetan rumwij lok ak aebedbed kake
- ✓ kememej, juōn wōtlok ej juōn men eo elap tokjen wōt elañe kwoj kōtlok bwe en erom juōn. Jabdrewot men eo kwoj kōmmane, jab ebbwer.



# Kofi's Story Part 1

Kofi epãd ilo kauatata ñan type 2 diabetes. kõn menin ej katte bwe en mour ilo juõn jekjek in mour eo ãjmour, iloan ruo allõñ ko, elab a emman an loor kötõpar in mõñã im fitness ko an. kõn menin , ejelok 15 paun in eddo eo an

Bõtab ilo bõlaide eo, jet ian rijerbal ro mõttan rar lay off. elab an kar inebata elañe emaron e eo tokãlik. kõn menin ear kajjeoñ kamoole e make nan boss eo an ilo an kõlaplok an jerbal.

Ilo ran in mande eo. kofi ej mõkajtok ñan jikin jerbal. Melelein bwe ejjelok ien an kebooj mõñã in raelep eo kijen kejjiboñ. Innem ej bõk juõn kijen candy bar jen vending machine eo ijjelokin juõn mõñã in raelep eo ãjmour

Ilo an kakõl ñan boss eo an, kofi ear jijjet wõt ilo tebõl eo an im jerbal ilo ien mõñã in raelep eo an. kõn menin, ear jolok ien etetal eo ilo awa in koraelep eo an. innem ejabwe ien an emakutkut raan eo. Edein an kofi kommane kajojojo ran ilo juon wiik.

Ke ej weekend, kofi ej make illu ippãn kõn an jab track e kötõbar eo an ilo an mõña, mõña ko re ajmour im jako an fitness, emõj ejinoe eñjake an ebbwer

# Bwebwenato eo an kofi kein karuo



Kofi ekālet bwe en jino kamadmōd an bar rol ñan track im bobrae an walok wōtlok rōt in iliju im jeklaj. Ej pād wōt ilo mejjatoto eo epositive.

Kofi ej kejerbal buñten nãã ko 5 ñan jelatti jorãn ko.

# Kofi ej kajerbal buñten nãã kein 5 ñan jelatti jorãn ko



## Step 1: namejlan jorãn ko am

Mokta: kofi ekanuij melele im jelã mejlan jorãn ko an. ejelã ta ko 2 rej kabañ track eo an.

**Jorãn 1:**

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**Jorãn 2:**

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Ear bareiwot lomnak kon ta ko rej koman joran ilo an ebojrakrak im jela ke 2 ian joran kein juon wot kain aer koman joran:

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**5 buñten ko ñan na mejlan jorãn kein**

1. Na mejlan jorãn ko am.
2. Waloñtak kõn 2 am kelet.
3. bõk kelet eo emon tata.
4. kõman am plan in makitkit im kajeoñ.

# Positive im Namejlan jorãn



## Buñten 2: Woloñtak kõn 2 am kelet

Ta ko jet kofi emaroñ kõmmani ilo an inebata ñe enaj jako jermal eo an ?

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allen eo juõn , Kofi ej bukõt mejlan kilen an rol ñan makũtkũt ko ej kijoñ kõmmani mokta elukun jela ej aikuj in mõñã in raelep mõñã ko re ãjmour aolep ran:

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Ej aikuj jelã ke en lap an emakũtkũt kajojo ran, ne emaroñ:

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## Buñten 3: Kelet eo emõn tata

Elikin an loe kelet ko an, ear kelet eo emõn tata, Koman an plan in emakũtkũt , im kajeoñ komani.

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# Positive im nāmejlan jorān ko

## Buñten 4: Kōmman plan in makutkut ko

Kofi ej kajerbal journal in plan in makūtkūt ko bwe en bōki im kememej ta enej kōmmane mokta jen an bar jinoe bobrae T2

Kotaan session in im session in tok Kotobar eo ao:

Action 1: Ta eo inaj komane		<input type="checkbox"/> Done?
Ia eo inaj komane		
Ewi toon ao naj komane		
Kanban ko inaj iooni		
Wawein namejlan kabaanban ko		
Action 2: Ta eo inaj komane		
Ia eo inaj komane		<input type="checkbox"/> Done?
Kabanban ko inaj ionni		
Wawein namejlan Kabanban ko		
Ewi toon ao naj komane		



# bwebwenato eo an Kofi's 3

## **Buñten 5: Kajeoñ e**

Kofi ar kajeoñ e acton plan eo an, im ejerbal! kio ej lukun lale an mōñã im lorlorjake an emakũtkũt aolep ran.

Iloan kajerbal 5 buñten namejlan jorãn ko, ej loe ta ko rej kōmman rolok im emaroñ kōmmani.

Ej bareinwot loe ta ko rej koman an abañ botab ej make kakajure e im loe,kejekdron ta ej abañ kake, im ej bed wot im kate konkelet in ãjmour eo an.

Ej make nebare kōn an rol nan track eo an mokta ilo an mōñã, mōñã ko re ãjmour im lap an emakũtkũt.



# Bar rol nan Track ko am

Lõmnak kõn jorãn ko —ak jorãn ko—rekõmman bwe kon meloklok track in kõtõbar ko am ilo am mõn, mõnã ko re ãjmour im fitness ko am, kelet juon ian jorãn kein. im bed wot ilo am positvie im kajerbal bunten ko 5 rej namejlan joran ko.

## 5 buñten in namejlan abañ ko

1. Lukun kalimjök jorãn ko. Im ta ko rej walok jen jorãn kein?

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2. Bukõt kelet eo am. Ta ko komaroñ namejlan problem kein?

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3.Wõnloñtak kõn Kelet eo emon tata. kelet Ta eo emõn tata enej emõn am jerbal e ñan namejlan abañ ko am?

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4.Kõmman am plan in makũtkũt ko( kajerbal lain ko ejelok kobair, kõmman am action plan kaki.) ewi wãwein am naj likit kamelmel ko remõntata nan action plan eo am?

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5. Kajeoñi. im lale ejet am lõmnak kake!



# Mōnakjen 15

## Kabbok jippañ





## Rainin jenaj kenono kōn:

### Wewein bōk jipan jen:

- Baamle, ro mōttam, im rijerbal ro mōttam
- Drolul ko, kilaj ko, club ko
- Ro retijemlok ilo jerbal

## Kwonaj bareinwōt kōmmene juōn elmakot in jerbal kaal!



### Tip ko:

- ✓ Ba ñan bumble eo am, ro mōttam, im ro mōttam ilo jikin jerbal ta eo kwoj kōmane, im etke kwojam kōmmene. Im ba ñan er ke ewi wāwein aer jibañ eok.
- ✓ Etale jukjuk-in-pād eo am, ak center ko an ritto ro. Kajiitok kōn doulul ko, class ko, im club ko rej jipañ mour in ājmour eo am.

# Bwebwenato eo an Jim



Jim epãd ilo kauatata ñan type 2 diabetes. Ear kõmman oktak ko rejmour ilo wãwen an mõñã im iminene in fitness ko an. Botab eitan aolep ien ejjelok jipan eo aikuuj jen baamle eo an, ro mottan, im ri-jerbal ro mottan

Ilo mweo, ajiri ro nejin rej kwalok aer abnõnõ kõn aer jab loe mõñã ko renno ippeir, ãinwot pizza im ice cream. Korã eo ippen ematortõr an Jim jolok ien im kommani emakũtkũt ko, ljelokin an pad iben baamle eo an, Jinen ej ba nane e aolep ien bwe eman an mour. im jët ian ri-jerbal ro mottan rej edood candy iaejet.

Jim ej kajitõk ippãn baamle eo an, ro mottan, im ri-jerbal ro mottan bwe ren jippane ilo an mour in ajmour eo an. Rainin, ajiri ro nejin (eitan aoleper) rejjab kwalok aer abnõnõ kõn mõñã ajmour ko.

Korã eo ippen ejako an matõrtõr Jim ilo an jolok ien im kommani emakũtkũt ko im jako jen baamle eo an. Dede in ke, erro ej duõjlok im ikkure/tuuj jët ien.

Jinen Jim ej kio nebare kõn an ukot jekjek in mour eo an. Ej lomnake an baj ukot mour eo an bareinwot. im ejako an rijerbal ro mottan eddod candy iaejet.

Jim ear kõnan ippan rijerbal ro mottan im kio ejako lok aer ilik candy iaejet.

.



## **Baamle, Ro mōttan, im rijerbal ro mōttan**

Baamle eo am, Ro mōttam, Im rijerbal ro mōttam rej kea kake eok im rekōnan bwe en eman am mour. Ak remaroñ jab melele ta eo kwoj kōmmane, , ak ta unin am kōmmane. Ak remaroñ jab ela ewi wawein aer naj jipañ joñan am kajeoñ. Am bebe ba ñan er.

## **Jet kein wawein bwe baamle eo, ro mōttam, im rijerbal ro mōttam rej jipañe mour in ajmour eo am:**

- Kenono ippeir kōn melele ko kōn type 2 diabetes im ewi wāwein bōbrae.
- Ba ñan er etke kwoj kajeoñ jibadōk juōn jekjek in mour eo ājmour.
- Kajjitōk ippeir ilo meoeo bwe ren jipañ am kajeoñ.
- En emakijkij am lelok melele kōn ia eo kwo pād ie ilo kōtōpar eo am .
- Kōmman an baamle eo rule.

## **Kwo bar maroñ kur waj er ñan:**

- Ren makūtkūt ippam
- Kōmman karōk im kaikujkuj mōñã ko re ājmour ippam
- Kōmāt im mōñã mōñã ko re ājmour ippam

# Ewi wawein kabok jippañ



## Rijino kenono eo

Men ko koj kabaiki ilo am jinoe kenono:

“Elap aõ keak kōn mour e aõ im ikōnan bwe en aetok lok aõ mour. ij kate io bwe en emmanlok ãjmour eo aõ.”

“Ij lukun bul kate ña ilo aõ bed wot kōn ãjmour eo ao im ij aikuj jippañ ilo \_\_\_\_\_.” Jeiki make ta ko konej jinoe kenono kaki:

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# Ewi wãwein kabok jippañ



## Kamelmel ebök am rijippañ

**Ial ko:** Bök juõn jen bamle eo am ako ro mōttam ñe ejab rijerbal ro mōttam ilo am kajeoñ katak kamelmel kilen am kōnan im arin am kōnan bwe en jippañ kwe. Lōmnak ta eo konej ba. kiõ, koj kwalõk am arin am kōnan kilen kenono ko am ippan rijippañ eo am. Jeiki idea ko ak tip ko im koj loe ke emon nan am konono kaki .

## Idea ko rellap aer jippañ/Tip ko nan kabok rijippañ

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# Ewi wãwein kabok jippan



## Baamle, ro Mõttam, Rijerbal ro mõttam

Baamle, ro mõttam, im rijerbal ro mõttam remaroñ jab jelã wãwein aer jippan eok kõn ãjmour eo am:

Konono kõn mol ko an type 2 diabetes im wãwein am bõbrae iki.

- column ne ilo tu almiiñ, jeiki men ko renej kabañ am bukõt ãjmour.
- column ne ilo anbwijmaroñin, jeiki ewi wãwein am naj kabok jippan.

**ial ko renej drabij yuk jen am bukõt ãjmour**

Example: Leo ibba ear wia piteto chip.

**ial ko komaroñ ella jen i**

Example: inej kakememej e ke ij kajeoñ in mõña mõña ko re ãjmour im kajeoñ bobrae type 2 diabetes. Inej kona nñane bwe en jab bar wia tok chips, ak likit wot ñan jikin jerbal eo an.

# Ewi wãwein kabok jippañ



## Drolul ko, Class ko, Club ko

Erkein jet ian doulul ko, class ko, im club ko im remaroñ jippañ mour in ajmour eo am im wãwen bukoti:

### Droulul ko, Class ko, Club ko

#### **Doulul ko**

- Doulul in jippañ ko
- Choir in mōn jar

#### **Class im club ko**

#### Mōñã ajmour

- Kōmāt ajmour
- Karōk ien mōñã ko re ajmour

#### Fitness

- Basketball
- Tuuj
- Hiking
- Karete
- Ettōr
- Etetal
- Ekotak/kadribenben
- akiu

### Wãwein bukoti

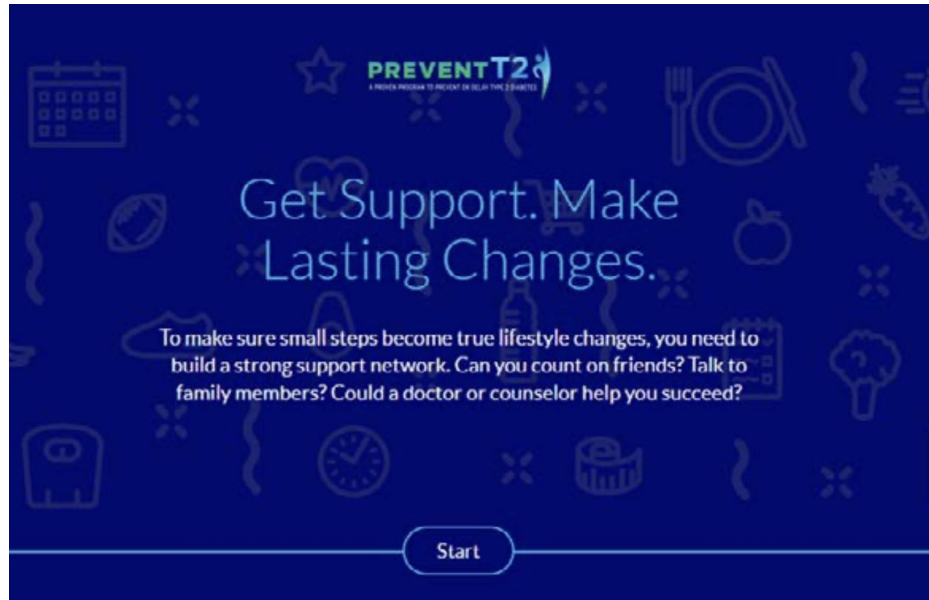
- Kajjitōk ippen ro rej eddoin ajmour eo am.
- Etale ilo library eo, center in ikure eo, center eo an jukjuk in pãd eo, ak center eo an dritto ro.
- kur lok American Diabetes Association: (800-342-2383).
- kur lok doulul eo an jukjuk in pãd eo.
- Kur lok doulul eo an jukjuk in pãd eo.
- kabbok posting ko ilo gym eo.
- Kabbok ilo newspaper eo ilo jukjuk in pãd eo am.
- Bukot ion lain, ak ilo book in talpon eo am.
- Jino juõn am make!



# Plan ko ñan am tōbari

## Bok jippan jen manokjen in

Menin “Bōk jippañ” manokjen in ej kwalok wāwein am loe social support ko ñan ukōtlok emman eo im jippañ plan in emakūtkūt ko im konej make kobaiki im komaroñ print i



[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14)

# Manokjen 16

Drãbij wot kōnan in bōbrae T2 eo ippam

# Lolorjake



Pãd wot ilo ikitöltôl iumin 6 allõñ kane rej peddo tok emaroñ jipañ am bõbrae ak karumijlok type 2 diabetes.

## Rainin jenaj kenono kõn

- Ewi aetok in am nej bed ilo burokuram jen ien eo kwar jinoe
- ta ko jenej kõmmani elikin ad jinoe
- im kotobar eo am iumin jiljino alloñ

## Konej bareinwot kwalok plan in makitkit ko am



### Tips:

- ✓ kajeoñ men ko renej itok limo im ilo am kakajur ebwinum im mõñã ko rejmour
- ✓ Kamõnõnõiki yuk ilo am tõbar kõtõbar ko am



# Bwebwenato eo an Marie



Marie emōj an jinoe bed ilo kauatata ilo nañinmij in toñal, ejinoe an ukot lok an mōñā, mōñā ko eloñ ōn ir im kaetok lok an emakitkit, elap an kate im mol ñan kotōbar ko an, tokjen kate ko an, ekōmman bwe en jako eddo eo ilo enbwinin Im bareinwot emakitkit ko am

Ejab eto, etōbrak kōtōbar ko an im bar rol lik lok ñān mour eo an mokta

Marie ebar kelet bwe en jinoe bar an bukot ājmour, kōn an lōmnak an kar jinoe eñtan maantak, ej ejaak bar juon an kōtobar kaal ñan jolok elaplok eddo ilo enbwinin, im kabin kōtobar kein iloan ukot lok kilen bukot ajmour, ilo tōrein leo belen ej baj kobalok ilo kōtōbar kein an

Rainin, ej juōn eo elap an kate, im bwe en aetoklok an ājmour.

# Kōtōbar ko am iumwin jiljino allōñ



## kōtōbar in Makutkut ko

Ilo an jiljino allōñ kane rej peddo tok, inaj kajeoñ diktata 150 minit in emakūtkūt ko kajojo wiik kōn juōn joñan eo emman lok ak laplok.

## Kōtōbar eo am iloan jiljino allōñ

joñan aō eddo kio \_\_\_\_\_ paun.

### iloan jiljino allōñ ne ej peddo tok, inaj:

- Kadriklok eddo                      inaj tōpar \_\_\_\_\_ paun.
- Dabij joñan eddo eo ao              Inaj pād wōt ilo \_\_\_\_ paun.

# Kõtõpar ko am ilo allõñ kane 6 rej peddo tok



## Kotobar ko am kajojo ilo allon kane jiljilno rej peddo tok

Erkein ej kõtõbar kaal ko ao ñan allõñ kane 6 rej peddo tok ñan burokuram in an bobrae type 2 :

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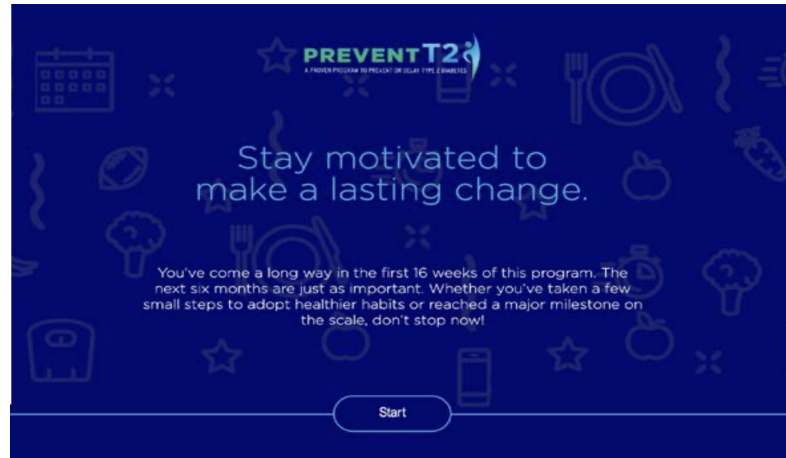
# Plan ko ñan tōbari



## Monakjen in Dabij wōt kōnan

Menin “ Dabij kōnan” monakjen kobalok buñten ko an dabij wōt kōnan im idea ko remaroñ kakajur lok kalmenlokjen eo am, komaroñ kōmane juōn am kalimur kaal bwe kon maroñ bed wot ilo kōtōbar eo am

### Dabij wōt kōnan manokjen



[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16)

# plan ñan am tōbari



kallimur

**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Commit to action. Pledge to change.  
Prevent type 2 diabetes.

As you get ready to switch from weekly to monthly meetings with your lifestyle change program, it's time to stop and reflect. How will you stay on track toward your goals? Take the step now to recommit to the program and to adopting lifelong healthy habits.

Let's go!

[www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3](http://www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3)



# Lemōnōnō kōn tōbrak in jerbak ko am



Lemōnōnō kōn tōbrak in jerbak ko am enaj jipañ bwe konikitōltōl wōt. Jet kein wāwein am lemōnōnō. jei lōmnak ko am make ilo column eo ej ba “wāwein ko jet ñan lemōnōnō” kakaleik kajojo lōmnak ko emōj am kajeoñ

## Wawein kamōnōnō

- kenono kōn tōbrak ko an ilo facebook
- Kamōnōnōik eok kōn juōn menin nebar eo edik, en jab mōñā kōn am tōpar kajojo kōtōpar ko.
- Kōmmāne juon graph in wōnmanlok ko am iloan tore eo (eddo, buñten neem ilo juōn ran, jaij in nuknuk.)
- kwalok pija ko am “mokta” im “elikin”.
- kamalol ro mōttam, nukim im bamle ko am ilo aer jutak ilikim ilo kōtōbar ko am.
- Kajeoñ e nuknuk ko am “mokta”.
- Ejake juōn am book in bwebwenato kōn kōtōbar kein am .
- jutak ilikin ro rej bareinwōt kōtōbar ājmour.

## Wāwein ko jet ñan kamōnōnō

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Ewi wāwein dābbij kōnan ko am



Emaroñ bin ad dābbij wōt ad kōnan ilo ad bukot ājmour. Jet kein men rebin ekke ad kijoñ ioni im jemaron ellāj eni. Jeiki idea ko am make ilo column kane ejelok kobair im rej ba “wewein ko jet ñan dābbij kōnan” kakalaiki idea ko emōj am kajeoñ

Abañ	dābbij am kōnan	lal ko jet ñan dabbij am kōnan
<b>EJAB ITOK LIMO.</b>	<input type="checkbox"/> Kōmman am kōtōbar kǎāl. <input type="checkbox"/> Bōk konam ilo juon jiee eo emman. <input type="checkbox"/> Kajeoñ e fitness ko ilo apps ko . <input type="checkbox"/> Kajeoñ e iiek in mōñā ko im makutkut ko rekǎāl. <input type="checkbox"/> Emakutkut ilo am kajerbal talpon. <input type="checkbox"/> Emakitkit ilo am alouj tv im video. <input type="checkbox"/> Emakutkut iben ro mttam im ro nukim	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Eietlok an doulul in ippen doon kar mokta.</b>	<input type="checkbox"/> Bukōt ta ko jet remaroñ jibañ kwe. <input type="checkbox"/> Etal ñan aolep session kein elliktata.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Emōj an driklok joñan aō eddo ak tōpar kōtōpar in joñan eddo eo aō</b>	<input type="checkbox"/> kakemejmej eok kōn emman ko jet ilo an jejjet am mōñā im emakūtkūt wōt. <input type="checkbox"/> Kōmane kōtōbar in jolok eddo eo am. <input type="checkbox"/> kōmane kōtōpar ko jet ijjelokin kadiklok joñan eddo.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

# Ewi wawen ao drabij wot kotobar ko ao



## Abañ ko

## Dabbij am kōnan

## ial ko jet ñan dabbij am kōnan

**emōj aō bar off track.**

- Drabij emon ko.
- Lor bunten ne ko 5 nan jellati joran ko:
  1. kameleleiki joran ko am.
  2. Kwalok jokelet ko jet.
  3. kwalok jokelet eo emaan tata.
  4. Kamon juon elmokot in jermal.
  5. Kajeoni .

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Eralok lok an diklok jonan ao eddo.**

- Kadoklok muscle.
- Manman elonlok calories.
- kadriklok mona caloriesi.
- lale ta ko kwoj mona im idaak.
- Lukun lale amakitkit ko am.

- \_\_\_\_\_
- \_\_\_\_\_

**Ediklok wonmanlok iar komman jen ao antonelok.**

- Lemonon kon tobrak in jermal ko am.
- Lale toprak ko am jen jinoin.
- Komman juon elmakot kaal.
- Lukun lale bwe en jimwe wawein am tracke eok.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Manokjen 17

## Elañe ebōjrak an driklok eddoium





## Bۆk jet buñten ko ilo an rumij an walällok paun eo am emaroñ jipañ ak böbrae type 2 diabetes

### Rainin jej kenono kōn:

- Ta ej kōmman an rumij an wallällok paun eo
- ial ko jet nan an anbwinum make kwalok oktak ko ilo ajmour eo am
- Ewi wāwein bar jinoe jolok eddo eo enbwinum



### Tip ko:

- ✓ Elañe menin aikuj, jolok eddo eo am ren jejet ñan ãnbwinum.
- ✓ Kājbarok am kadriklok eddo eo am ilo ien aetok.
- ✓ ka-kajur majjel ko enbwinūm.

# Bwebwenato eo an Roxanne



Roxanne ej bed ilo kauatata ñan type 2 diabetese. Kõtõbar eo bwe en jolok 22 paun. kōn menin ej jino an ka-kōmanmanlok an mōñā im kōmmakūtūt ānbwinin.

Ilo an wiik ko jiljino, Roxanne ear jolok 12 paun. Wiik eo jinoe ear jolok 2 paun jen jene kōn an drak wot aebōj. im ej jolok 1 lok ñan 2 paun ilo kajojo wiik.

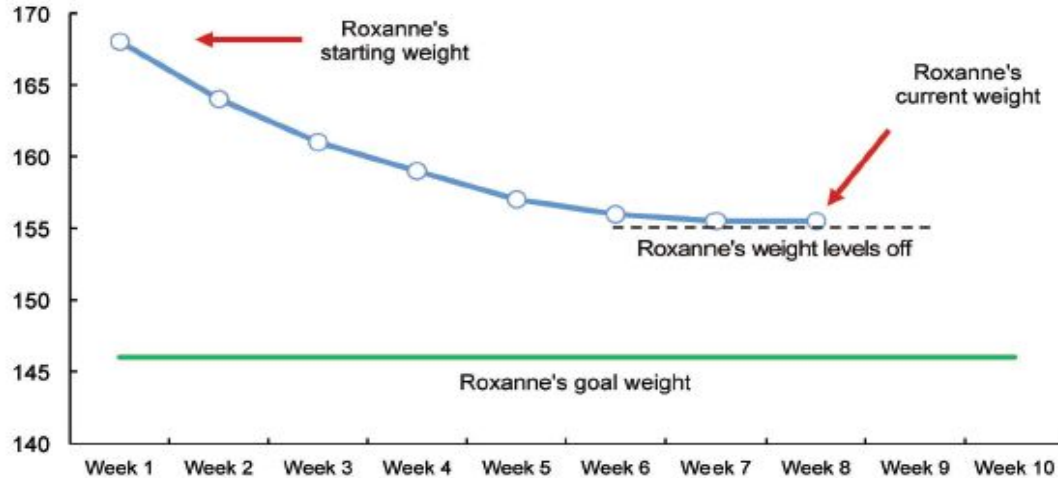
Roxanne ear inebata kōn an bōjrak an driklok eddo in. Ear jolok jimattan paun jen eddo eo ilo wiik eo kein kajilimjuon, im bar laplok paun eo an ilo wiik eo kein karalitōk im jab jolok eddo in ilo wiik eo kein karatumjuon.

Jekdon inebata eo an ear lomnak wot kon positive im ejaake iminene eo an nan ajmour

Roxanne ej loe im jelā eloñ lok men ko emaroñ jelet kilen an jolok eddo eo an iloan bed im lōmnak kōn kōtoabar ko an ilo an kaetoklok an etetal. draak tea, roñjake kajañjañ, riiti book, im laplok an mona vegetable ko im fiber ko nan mōñā ko kijen.

Jen oktak kein. Roxanne ej jolok 1 ak 2 paun ilo kajojo wiik.

# Joñan paun ko Roxanne emoj an jolok.



## Roxanne's Daily Caloric Needs

Mokta jen an Roxanne kar luj baun:

Eddo: 168 pounds

Jonan Calorie Ko Aikuji Kajojo ran: 1,750 calories

Kio:

Eddo: 156 pounds

Jonan Calori ko Kajojo ran: 1,650 calories

Change in daily caloric needs:-100

# Wāwein am bōk edrik calorie



**Jet kein wāwein am bōk jidrik calorie nan enbwinum. Lale oktak kein im lori**

Ijelakin am:	Boke men kein :
Komat kōn Bōtta	Vegetable oil (olive, canola, etc.) ak cooking spray Evaporated skim milk
Cream ko elap aer eddo	2%, 1%, ak skim milk
whole milk ko	Greek yogurt or reduced-fat sour cream
sour cream ko	maionej ko remorra ak Greek yogurt
Maionej ko	Oil-based salad dressing
cream nan salad ko	

Im kemejmej komaroñ kōkobaba eloñ kain nemām ko ijelok in am lewoj eloñ lok calorie. kajeoñ i men kein salsa, sauce bwil, mustard, vinegar, lemon juice, ine, im kein iek ko rebwil!



# Wāwein ko ñan bōk jidrik calorie



## Kelet dren ko rejab kere juka

- Dren ko ejelok jukka ie, sparkling ak seltzer water, ippān splash ko 100% fruit juice
- Tea ak coffee en ejelok cream or jukka
- Aebōj ippān citrus wedge or mint
- Aeboj ippān berries or cucumber slices
- cola diet

## Kelet mōññ ko ejelok calorie

- Joñak ke mōññ ko aolep ien bwe kon jela ewi joñan eo koj kañe
- Lale joñan mōññ ko koj serve i
- Keboj kamao lal ko moktata
- Jinoe kōn mōññ ko ejelok makmōk ie ne ejab soup in iiek ko
- Kajerbal bileij jidrik ko, bowl jiidrik ko, im kein joñak mōññ ko
- koraklok am mōññ, bōk joñan am idraak, im kennoiki mōññ ko kijōm

# Wāwein ko ñan bōk jidrik calories



## kadriklok kajebal kuriij

**Kilen bwe en ejab edreb mōñā ko, kajerbal:**

- spray kuriij ko
- Aebōj ak kein soup ko
- Kōmman joñan kuriij ko im ne ko kare iki bōtta ko

**Men ko rej bōk jikin bata ak kuriij ñan iiek bilawe, kajerbal:**

- Kajidrikdrik iki vegetable ko im fruit ko ejelok juka ie
- Yogurt ko ejelok juka ie
- Dren ko ejelok juka ie

**Men ko rej bōk jikin kein kere ko ejelok kuriij ie:**

- sauch ko rebwil
- Garlig
- lemon ko
- Gravy (en jab lap kuriij in)
- dressing in salad (en ejelok kuriij ie)
- Mustard
- yogurt ( ejelok kurij ie)
- Salsa
- Vinegar



# iiekin ãjmour ko kamaroñ ukoti



Buñten ko:ien kadriwōj iiek ko am! jeor e iiek ko am ñan droulul eo am. kiō, jerbāl ippān dron im bukōt wāwein am ukot iiek in ãjmour ko. eliktata, jeiki jabdrewot kokobaba jen kenono eo an droulol eo

**iiek in ãjmour ko komaroñ ukoti:**

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**BōK kokobaba ko jen droulol ko:**

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**Kokobaba ko an aolep :**

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# Wāwein jolok 100 calories

**Kajojo ian makitkit lkein rej jolok 100 calories. Kajeoñ men ko rekaal.**

## Jebal ko ilo juon borwaj

- Ekan 30 ñan 45 minit.
- Reke ujoj ko iumin 30 minit.
- Jabale jinno ko iumin 15 minit.
- kwale im was e wa eo am iumin 45 ñan 60
- karreo iki winto ko im mob lal iumin 45 ñan 60 minit.

## Ikure ko

- Bajōkol iumin 30 minit (6 minit/1mile).
- Kairijet am tuuj iumin 30minit.
- Ao iumin 30 minit
- Kutiiñ iumin15.
- ikure basket ball iumin 15 ñan 20 minit.
- Ikure in flag food ball iumin 45 minit.
- Volleyball iumine 45 ñan 60 minit.
- Bwili waan ninnin eo 1.5 miles (20 minutes/mile).
- Etōr 1.5 miles in 15 minit (10 minit/mile).
- Kadreloñ basketball iumin 30 minit.
- Aaō lap ko iumin 20 minit.
- Etetal 1.75 miles ilo 35 minit (20 minit/mile).
- Buli eok make ilo wheel jea iumin 30 minit ñan 40 minit ko/mile



Source: National Heart, Lung, and Blood Institute

# Mõñã Snack emaroñ kadriklok eddoim



Snacks ko remaroñ jibañ karumij am kwole ñe ej aetok am jab mõñã ikotan awa. Jet snack elap calorie ko ie. Aolep kain snack ko rej process elap lok calorie ko ie jen mõñã ko re-ãjmour! Im rej bareinwot oktak im kalaplok jukka, salt, im kurij. elukun aurök bwe kon lukun kejbarok ta koj kelet ilo am mõñã.

- Kelet snack ko elon wanjoñak ko ie, einwot vitamins im minerals, barenwot fiber.
- Ñe ko ijöl snack ko kõn lukun lõmnak mokta jen am kelete. Ilo ien ne koj mõk, eiañaak tok am kõn snack mõñã eo emökaj tata. Ñe koj inebata, snack ko remaroñ kamōd eok. Ñe ejab itok limoim, snack ko rekōkomman bwe kon jibwi. Mokta jen am lelok peium ñan snack ko, kajitōk ibam make kolukun ke kwole, jab itok limo, ak enbwinūm euididdid
- Mokta jen mõñã snack, draak juõn cup aebōj. Ilo ad drittolok, jej ba wot ke jej kwole ako ejelok dren ilo enbwinid.

Ñe koj kajeoñ in jolok eddo ko ilo ebwinúm, lale am mõñã snack ko. Komaroñ jab lõmnak ke elap am mõñã snack ko . Kon lomnak wot am komãät kijõm mõñã ko re-ãjmour in jiboñ, raelep im jota mõñã ko im renej kobrak lojeem im kõmman bwe kon māt. Ñe koj kajeoñ in kobaiki waj snack ilo ien am mõñã lali mokta im bōk ñan joñan.



# mōññ Snack Emaroñ kadrilok eddoim

## Snack ko rej pād iumin 150 calorie

### Mōññ ko rekāäl kuwat ko, ak Fruit ko rekoj

- Whole fruit: apple, pair, peach, orange, kiwi, banana, mango or papaya
- 1 cup in berries
- 1 kiwat in peaches, pears, oranges kajeoñ jab bōki syrup ko
- fruit ko rekoj lali mokta label ko ie

### Kobrak peim kon peanut ko ejelok salt ak edrik ie ak seed ko (¼ cup)

- Almonds
- Pistachios
- Walnuts
- Pecans
- Sunflower seeds
- Squash Seeds
- Mixed Nuts

### Snack ko resalt im bwil

- Kabol peium kōn baked tortilla chips ippān salsa
- 2 tbsp hummus ippān baby carrots
- 1 stick in bukon-skim string cheese
- 5 whole wheat crackers ippān 1 bukon-skim cheese stick
- 3 cups in popcorn (ejelok bōtta)

# Monakjen 18

## Kakije jidrik jãn Emakutkut/Fitness



# Lolorjake



**Bۆk juōn ak 2- minit ien am kakkije in fitness emaroñ bۆbrae ak karumij lok bۆk am type 2 diabetes.**

## Rainin jenaj kenono kۆn:

- Ka-kobaba eo ikۆtan jijet bajjۆk im type 2 diabetesese
- Jet ian abañ ko ilo bۆk ien kakkije in fitness ko im wāwein namejlan.

## Konaj bareinwۆt kۆmmane juōn elmakot in jerbak ekāāl



### Tips:

- ✓ Etale/lale joñan am jijet bajjۆk kejojo ran
- ✓ Kajjeoñ bۆk juōn 2-minit ien kakkije in fitness iumin 30 minit ko .





# Bwebwenato eo an Terry



Terry emoj pãd ilo kauatata in type 2 diabetese. Emõj an Taktõ eo an kar jiroñlok bwe ej aikuj komakutkut añbwinin driktata 150 minit, kõn joñan eo eman ak laplok. Elikin jet ien ear tōpar kōtōpar in.

Taktõ eo an Terry ej kajitõk bwe en jino lale joñan eo ej eo ej jolok ilo an jijjet bajjok. elikin jet ien ear tōpar kōtōpar in .

Ilo jiboñ, Terry ej jijjet ilo an train eo ej iuwe ie ñan jikin jermal. Eitan aolepen juõn raan in jermal ekkã an jijjet ilo table eo an, Kejermal computer eo. Jet ien ej kenono ilo talboon eo ak ewor juõn an kwelok-im bar jijjet wot. Ej mõñã in raelep ilo ruum eo an rijermal. Elikin an jermal. ej bar iuwe ilo train eo im rol. Tokalik in jota, ej alooj tv.

ilo an Terry kobaiki aolep ien kein, elap an make bwiloñ kõn ta eo ej loe im jela. Ekallikar ke ej jijjet ilo an jab makurtkut imin 12 awa ko iloan 16 awa ko ej ruj/erre. Innem mekerta ne ej maron makutkut 150 minit ko iloan juon wiik, elap wot an terry jijjet im jab makutkut

emoj an Terry karok bwe jino, emakutlut. Raan kein, ej komman wot 150 minit ko ilo makutkut ko ilo kajojo wiik. Botab, ej borwainwot drikok an jolok ien im jijjet bajjok. Ej jino kejermal birokraam eo ilo phone eo nejin nan kakemejmej e make bwe en komman ien an bok juon 2-minit in kakkije lokin 30 minit ko. Ej jutak iloan train eo ilo ial eo an lok. ilo jikin jermal eo an, ilo an kenonon ilo talboon eo ej itoiktak iloan opij eo im kejermal juon ball in ikure ilo computer. Terry ej enjake an emanlok an mour jen mokta.

# Bwebwenato eo an Terry



## Ien kakije

Idea ko ñan makutkut ilo ien am kakije, etal nan resources ko an cdc im lale ta enej lewoj melele ko ilo am kōmman am emakitkitit ilo jikin jermal ko ilo ien am kakkijje, “Physical Activity Breaks for the Workplace.”

[[www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf](http://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf)]



# Wāwein namejlan abañ ko

Emaroñ bin am kōmman fitness ilo ien kakkije ko am. Erein ejjet ia abañ ko im wāwein am namejlan. Jeiki lōmnak ko am ilo column eo ej ba “Wāwein ko jet ñan namejlan” kakalaiki lōmnak ko emōj am kajeoñi.

Abañ ko

Wāwein wōnmanlok

Wāwein namejlan ko jet ilo am wōnmanlok

Ejelok ien aō fitness ilo ien kakkije ko ao.

ejaake juon am iminene in emakutkut:

- Emakutkut en juōn iminene ilo ien mōññ raelep.
- ijelokin am jijjet elikn am mona in jota, kon bar bōk ien im emakutkutt.
- Elikin am bed ilo kwelok ko raetok jutak im emakutkut.

Ien travel ko:

- bōjrak ilo jikin kakkije ko ñe ko etōr ilo wa.
- Ñe koj juōn eo ej pajinjea im koj iuwe ilo wa, kon bul exercise im, kakajur majjel ko am im exercise in neium im kajerbal resistance band ko..
- Jutak ilo bus im train ko.

ejaake juon iminene in emakutkut:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

While you travel:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Wawein am wonmanlok jen men ko rebin

Abañ

Wäwein namejlan ko

Wäwein namejlan ko jet

**Ejelok aō ien nan emakitkit ilo ien aō kakkije.**

**Ilo ien eo koj alooj tv ak video:**

- jutak im tuuj.
- push up ilo kiin mweo.
- Ekotak im kajerbal wrist band ko.
- maaj ako etor ilo ijo koj bed ie.
- kajerbal baijōkol ko.
- edrolol ilo an mweo ne ej karelel pija eo.

**Ilo ien eo koj kajerbal computer eo:**

- Jijet kōn ball in exercise ko.
- Jutak, koman bwe kon tobar computer eo ilo am jutak.

**Ilo ien eo koj alooj tv ak video:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**While you use a computer:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Ewi wāwein am ellā jen abañ



## Abañ ko

## Wāwein namejlan

## Wāwein namejlan ko jet

**Ejelok aō ien emakikit ilo ien aō kakkije.**

**Ilo ien eo koj konan ilo talpoon:**

- kon kamakitkit neiom (side to side).
- Maaj ilo ijo koj jutak ie.
- Etetal aolepen ijo koj bed ie.

**Ilo jikin jermal eo (ñe eloñ am jermal ilo table eo):**

- Kajitōk ippān rijermal ro ne remaroñ jutak ilo jikin kwelok.
- Etal ñan jikin iuwe ejab elevator ko.
- Kōnan ippān rijermal ijelokin am email ir.
- Tal ñan jikin coffee eo etolok jen office eo am.

**Imeloklok emakitkit ilo ien kakkije eo aō.**

- Kajitok ippān ro mōttam bwe ren kakememej eok.
- Jeiki juōn paper im kadrep e nan ijo komaron loe.
- kōmmane time eo am.
- Kajermal talpoon ako computer app ko ñan kakememej.

**Ilo am bed ilo talpoon eo:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Ilo am jijet ilo tabol in jermal eo am:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Wãwein namejlan abañ ko

Abañ

Wãwein namejlan

Wãwein namejlan ko jet

**kokobaba ko am make :**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**kokobaba ko am make**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Manokjen 19

# Dābij Wōt Ājmour In Menono Eo Am



# Dâbij wot âjmour eo an menono eo am



Konke kwo pãd ilo kauatata ñan type 2 diabetes, elaplok am naj iione jorren in menono kein ak arteries ko. Innem elap token bwe kwon kejbarok menono eo am bwe en ãjmour.

## Rainin jenaj kenono kõn:

- Etke ewõr tokjen bwe menono en ãjmour
- ewi wãwein bwe in kejbarok menono eo am we en ãjmour
- Etke ijam kadriklok salt im ewi wawein ao kajerbale
- Kilen an meletlet kelet ko rekkar ñan meonono ikkijen kurii ko

## Konej bareinwot kaommane elmokot eo am nan plan6 in makitkit ko



### Tip ko:

- ✓ ukot mõñã ko rejjab ãjmour ñan mõñã ãjmour
- ✓ Kajerbal aolep kurii ko rej moderately
- ✓ jab boki mõñã process ko jalele, poultry, eek, im dairy ko
- ✓ Boki leaner cut jen kaniek ko
- ✓ kajerbal seasoning kane me edrik aer salt





# Dǎbij meonono eo bwe en ajmour



## kabatat, Aepulot, im Cholesterol

Men ko jilu relukun kauatata ñan menono eo am rej kabatat, aepulot, im cholesterol. botab eloñ men ko komaroñ kōmani bwe menono eo am en ājmour!

## Jolok kabatat enej kōmman bwe en emon lok menono eo am

Kabatat ej kōmman joran nan jikin ial ko an botoktok ko im koman bwe en mijel lok botōktōk ko im bin an menono eo am pum botōktōk, kabatat ej kōmman bar an botōktōk ko mijel im edrebdreb. Im ebidrodro am nej bok stroke ak mej enbwinum.

ejab bidodo am jolok kabatat—ak botab koj maron jolok jikka! Nan bok elap melele, katak e Ready, Set, Quit! emoj lewoj nan kom im ej jen couch ro.

## Monitor Salt and Your Blood Pressure

Salt ak (sodium) relukun aurōk nan enbwinid ilo an kōmman bwe en balen dren ilo an enbwinid. botab, ne ej lap am kajerbal salt enej kōman bwe en loñ joran ilo enbwinid. Ne ej lap sodium ilo enbwinid, ej komman bwe en dreton dren ilo ialin botōktōk ko, kōman bwe laplok aepulot eo am. Ne ej bar lap am mōññā salt emōkaj an walok kinej ilo ne ko ak eboj neium. ne elap an shoes ko am kinji neium ako kōman bwe en metak elap jen mokta, melele ke koj aikuj mōkaj in lolok takto eo.



# Kilen kakajurlok menono eo am

Ne enaj lap am mõñã men ko rej tok jen jikin process mõñã ko emaroñ kalaplok salt ilo enbwinum. elap jen jonan, ilo am jab lukun lale am mõñã men kein renej kõman bwe en lon am nanninmij in joran menono im kõman bwe en mej enbwinum. Kõnan iben taktõ eo am kon aepulot eo am. Emaroñ kwalok waj ta eo kamaroñ komane ak elañe ejab emaroñ lewoj uno ko ñan bobrae jen am aepulot.

Elane takto eo am ej ba kon kadriklok am mõñã salt, kajeoñ idea kein:

- Ñe emaroñ, etal jen mõñã dedelok mõñã dedelok ko rekoj renej kõmman bwe en laplok wõt sodium enbwinim.
- kadriklok am mõñã ilo restaurant ko. Restaurants ko elap calories ilo mõñã ko ie rej kõmani, kuriij, im sodium.
- Riit i jeje ko kilin mona ko lale liek ko emon jen jalele ko ilo kuwat, sodium, monosodium glutamate, and disodium phosphate.
- Kwali kuwat in bean ko im karreo iki jen aer salt.
- Ne komaroñ, liek mõñã emon jen kõmãt mõñã ilo kuwat im mõñã dedelok ko mej rekoj .  
Kajeoñ kajerbal kein kere ko im rej einwõt menin edrok (vegetable) ko ako kere bwil (spicy). Ne koj jab kajerbal salt.

**Buñten ko jet ñan kadriklok salt:**

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# Kilen kakajur menono eo am bwe en ãjmour

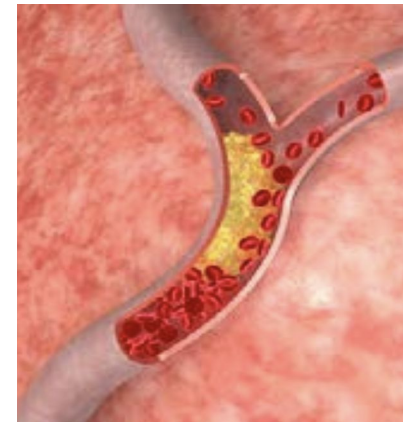
## kakut am etale cholesterol eo am

Nan am melele kōn botōktōk in cholesterol, Lōmnak kon wa rot ne ej kajerbal oil. Oil lubricates ej part eo eaurok nan maroñ kōmman bwe wa eo en maroñ jo im elukun kajur. Einwot juon oil in wa, high-density lipoprotein, ak einwot ba HDL protein ko remman, kuriij ko remon im aurok nan part ko ilo ānbwin, koba lok ialin bōtōktōk ko, ej boki aolep cholesterol ko renana im jiban jolaki. HDL ej bareinwot jiban jolak cholesterol ko. Low- density lipoprotein, ak LDL, cholesterol rot en ej edrep nan torerein ialin botōktōk, binej an bōtōktōk ko itoitak. Ekōmman an “engine” jab jerbal im kōmman jorān. Kōn menin koj aikuj HDL bwe en maroñ jolak LDL ko.

Elañe ej lap cholesterol eo am, Taktō eo am enej lewaj uno, ak lewoj jet buñten ko ñan am ukotlok kilen am mōññā im kakut lok am kamakitkit enbwinūm (exercise). Aepulot ak ilo an laplok bōtōktōk in chlesterol eo ibam emaroñ aen dron im kōmman mekoj ilo ialin bōtōktōk ko, kōmman bwe ren bin im drik ialin bōtōktōk ko im elak drik ialin bōtōktōk ko ebin aer itoitak.

### Men ko jet rekauatata:

**Ta ko 3 komaroñ kobaiki elap aer kauatata ñan menono?**



(Mekoj) in bōtōktōk ne ej edroklok ilo ialin bōtōktōk ko, im kōmman an drik jikin an bōtōktōk itoitakim koj loe ej binej ialin bōtōktōk ko. Ijo konej loe melele ko ie:

[www.cdc.gov/cholesterol/about.html](http://www.cdc.gov/cholesterol/about.html)



# Kilen kakajur menono eo am bwe en äjmour

## Jet kein kilen kakōmanman an menono eo äjmour

### Kejbarok menono eo am!

- Ñe koj kabatat, komaroñ jolok jikka im kejbarok menono eo am. Ñan jikin jibañ jolok kabatat ko, koba lok iben couch ro rej jibañ ejelok wonen. free quit plan, jikin ko ejelok wonen ñan plan, jikin jikul ko im ejelok wonen kein jibañ ko ie, im ital nan jikin jibañ ko an jukjukin bed eo, kur lok **1-800-QUIT-NOW (1-800-784-8669)**.
- Ne eloñ uno koj draaki , lori im draaki.
- Ñe taktõ eo am ej ba kon kadriklok am mõñã salt .
- ñe eloñ nimõm uno koj boki, lori im draaki.
- Kajeoñ mõñã kurrij ko räjmour
- Bok joñan am draak drenin kadrek ko—juon can ilo juon ran ñan kora, ruo ñan emman ilo juon ran
- Kajeoñ emakitkit (exercise) iumin 150 minit im ak laplok kakar ñan joñan.
- Kajeoñ jab jijet aetok. Bök 2 lok ñan 3 minit in am emakitkit ilo ien am kakije kajojo ran
- Kadriklok inebata.
- Kadriklok paun eo am im kajeoñ drebiji.
- Kelet jelelele ko rekãäl, poultry, eek, mõñã dedelok ko remmât kadede im rekoj rej komman bwe en lon kuriij, salt, im juka.
- Jolok kilin bao ako kilin takke ko im bök kaniek ko. Mõñã eek ilo ien am kadriklok eddo eo am
- Kajeoñ kajerbal mõñã ko eloñ leen im kajerbal men ko rebwil (spicy) ñan kennoiki mõñã ko. Elap lok ne koj kajeoñ jolok salt.



# Kilen kakajur menono eo am bwe en ãjmour

## Bök am melele iben taktö eo am:

- Ñe koj aikuj in bök uno ko ñan kakömanman lok am mour.
- Ñe koj aikuj in kakölköl im etale menono eo am, einwot kein ilal:
  - Kakölköl in böttöktök ko rej kömman an binej ialin böttöktök ko itoitak
  - kakölköl in cholesterol ak etale elap ke kuriij ilo böttöktök..

Bök elaplok melele ko relaplok kön ãjmour in menono, etale “ABCs of Heart Health” or “4 PASOS ADELANTE”:

- [millionhearts.hhs.gov/files/4\\_Steps\\_Forward\\_English.pdf](https://millionhearts.hhs.gov/files/4_Steps_Forward_English.pdf)

Ta karök eo am koj lömnak e komaröñ kömane week in?

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## Kuriiij ko komaroñ kajedroni ak julak:

Jet kuriiij remaroñ kakure menono eo am..

Komaroñ kajedron mōññã ko rejjab ãjmour im lap kuriiij ie ilo am nej lor tip kein:

- jolak kuriiij ko ako kilen bao im takke ko.
- kelet jalele ko edrik kuriiij ie. Rej mwijmiwj in bukon
- kōmããt wõt kōn olive oil ejab bōtta
- kejerbal men ko edrik kuriiij ie ak ejelok kuriiij.

Elañe iiek eo elap kuriiij ie komaroñ ukote ñan oil in vegetable ak whole grain, ak men ko ilo dairy im edrik kuriiij ie ako kaniek ko remmon, ñe ejab kuriiij ko rãjmour.



## Kurij ko komaroñ bōk ñan joñan ak julak

Foods With Fats To Avoid or Limit			
			
Chicken or Turkey Skin	Sauces Made with Butter or Cream	Palm Oil, Palm Kernel Oil	Fatback, Salt Pork
			
High-Fat Dairy Products Like Whole or 2% Milk, Cream, Ice Cream, Full-Fat Cheese	High-Fat Meats Like Ground Beef, Bologna, Hot Dogs, Sausage, Bacon, Spare Ribs	Lard	



## kuriij ko rājmour nan kajerbali

Kuriij ko remman ramaroñ kadriklok level in cholesterol eo enana ilo bōtōktōk eo ilo enbwinum kadriklok kauatata eo ñan ebwinum. Jet kuriij remmon elon omega 3 fatty acids, im relukun emman na menono eo am, omega 3 fatty acids rej kadriklok an menono eo am bed ilo kauatata im stroke

Foods High in Healthy Fats		
 Avocado	 Canola Oil	 Nuts Like Almonds, Cashews, Pecans, and Peanuts
 Olive Oil	 Peanut Butter and Peanut Oil	 Sesame Seeds
 Corn Oil	 Cottonseed Oil	 Oil-based Salad Dressings



# Likun lale kuriij ko



## Kuriij ko komaron kajerbal im Rājmour

		
Pumpkin and Sunflower Seeds	Safflower Oil	Soft (tub) Margarine
		
Soybean Oil	Sunflower Oil	Walnuts
		
Albacore Tuna	Herring	Rainbow Trout
		
Salmon	Sardines	Flaxseed and Flaxseed Oil

# Likun Lolle ilo am Kelet Kuriij ko



## Komat kon kuriij ko im rajmour

Jet kein ial bwe kon maroñ jab kajerbal kuriij ko rejjab emman im komaroñ bōk ñan joñan am kajerbali im kuriij ko remmon ñan kajerbali . Jeiki idea ko ilo line kein ilal im rej ba , “bat jet idea.” kakallaiki idea kwar kajeon i.

Ijelokin..	Komat ilo Wawein eo Ejmour	Idea ko jet
Mona meninmour ko rekuriij im kil ko	Take the skin off chicken before you cook it. Trim the fat off meat before you cook it.	
Fry ak deep-frying iippen bota ak kuriij	Grill, roast, sauté, poach, ak stiir-fry in ilo juon jonak eo edik,vegetable oil kojerbal olive ak canola oil. Likit ilo dren . Steam ak microwave.	



Ijelokin..	Komat ilo Wawein eo ejmour	Idea ko jet
liok ippen bota im kuriij	liok: Ground ak pureed veggies ak fruit ejelok juka Nonfat plain yogurt Vegetable ak fruit juice im jelok juka	
Topping ko ippen cream sauce ak bota	Kajion e : Lemon juice ak vinegar Herbs im spices Salsa ak sauce ko rebul Plain nonfat yogurt Tomato sauce Low-fat, low-salt salad dressing koman ippen olive oil	

## Monakjen 20

# Wawein wia im komat nan bobrae type 2 diabetes





**Wia im kōmāt men ko re ājmour emaroñ jibañ böbrae ak karumijlok am type 2 diabetes.**

**Katak kein jenej kōnan kaki, ewi wawein:**

- Wāwein am lali mōñā rej jibañ kōtōbar ko am nan ajmour
- Wāwein wia mōñā ko rej jibañ kōtōbar ko am ilo am bukot ajmour
- Wāwein kōmāt mōñā rekāāl kilen am kōmāti im koj kab erjoñi

**Konaj bareinwōt karok jet am kōtōbar!**



## Tips.

- ✓ Lale jete wonen mōñā ilo mōn wia ko kajojo, lali wōtlak ko
- ✓ Joñe bökan juon armij ikijen mōñā kōtan awa ko.

### **kakememej kon me ko raurok**

- kameron loe mona remmon im ajmour ilo mon aolep mon wia.
- Mona ko rekoj im einwot fruit im vegetable komaron loi ilo mon wia ko, ne koj loe ke elap women mona ko jet



# Bwebwenato eo an Jerry

Jinen Jerry ear bed ilo naññinmij in type2 diabetese. ekar kajeoñ bwe enjab töbare, im ear kajeoñ jidrik jidrik im kōmman oktak ñan mõñã im dren ko ej kañi im draaki, konke e eo ej make kōmman make kijen, im ear likit iben ke en lukun kejbarok an lali mõñã ko ej waikiki

Ke Jerry ear tal ñan mõ wia eo. ear loe ke mõñã ko “rajmour” relukun lap wōneir, im ej lõmank ñe enajj wiaki mõñã ko re ãjmour emaroñ jab kōnan kañi. lomnak eo an ke remaroñ jorãn vegetable kein mokta jen an kañi, bareinwot eloñ jet ian mõñã ko ekōnan ako ejab lukun jela kilep an keboji, einwõt garbanzo benas, and spaghetti squash, kiõ ej kajitikin jinen wāwein an wia im kejbarok jãän ko an.

Ear bok jet buñten mokta jen an etal nan mon wia ko:

- Bok coupon ko eloñ mõñã ko re ãjmour ie.
- Lali wotlok ko ilo mon wia ko.
- Plan i mõñã ko ej kōmani ilo juon week.
- Lali mõñã eloñ kadede ilo jikin mõñã eo an.
- lajraki mõñã ko ejelok einwot kuwat in jalele ko kaniek ko rekaal, mõñã ko rekoj.
- Kañi snack ko re ãjmour mokta jen am etal im wia.
- Keboj jet mõñã in kakajur ko, ilo ien ko kojela ke konej ekairir kajeoñ in kakobaba mõñã ko re ãjmour.
- Bukot fruit ko remman im kãäl, vegetable, grain, ak bean ko komaro kajeoñ i aolep week ñan kenno iki mõñã ko kijõm.

Jiboñ in Jabõt eo Jerry ear bojak im etal im jibañ jinen ilo mõn wia ko. Im erro ar etal, elukun lap an emõnõnõ kōn an jinen wia mõñã ko elap aer ãjmour, jinen ar bar wia eek ko rekaal, vegetable ko, jalele ko, ear bar wia ekk ko rekoj im vegetable im fruit. rej bed wot ilo lukon mõn wia eo ako eloe whole grain ko. im bar spaghetti squash ko jinen ar kwalok kilen an komante

# Wawein wia mona ko rājmour



Jerry ej lor jinen kilen an wia mōñã. Ej loe wõtlok ko an mōn wia eo kōn fruit ko rekoj im vegetable ko. Ear kobaiki coupon in mōñã ko ej kañi aolep ran. Ear bareinwot elolo iiek ko rājmour ion lain, kobalok iben chili-laim roasted garbanzo. Ear kajerbal iiek eo, komãt e ukot nan mona ko rājmour im boklok kijen lelap eo jinen!

## Snack im mona kijen Jerry

Jerry ear karōk 2 lok nan 3 iaan mōñã in jibon ko, jet iair ej 100 calories snack ko. mōñã in raelep ko, im mōñã in jota ko ilo aolep week



# Wawein wia mōñã ko re ãjmour



	Mabuñ/mona in jippon	Mona in Raelep	Mona in Kotan Awa	Mona in Jota
Mande	Oatmeal eo ekwoj ippen blueberries Coffee im skim milk	Ubon bao im Spinach im tomato salad Tea ippen lemon	½ apple	Black bean burrito ippen tomato, low-fat cheddar cheese, im salsa Sparkling aiboj ippem orange slice
Juje	Nonfat plain yogurt ½ apple Coffee ippen skim milk	Turkey sandwich ippen lettuce im tomato Pickle Tea ippen lemon	Orange	Bell peppers stuffed ippen lean beef im brown rice Salad ippen spinach greens, tomato, im cucumber ippen 2 Tbsp Italian salad dressing Sparkling aiboj im lemon
Wonje	2 scrambled eggs ippen veggies 2 slices in whole wheat toast Coffee ippen skim milk	Chicken salad Pita chips Tea ippen lemon	Peppers ippen nonfat yogurt dip	Stir-fry ippen chili-lime roasted chickpeas im vegetables ko rekoj Sparkling aiboj im lemon



# Wawein am wia mōñā ko re ājmour



	Mabuñ	Mōñā In Raelep	Mōñā in Kotaan Awa	Mōñā In Jota
Taije	Oatmeal Koj kerre berries Coffee ippen skim milk	Jalot in Bao 2 jilait in likio in bilawe ippen lemon tea	Air-popped popcorn	Komat lojen big Steamed broccoli Spaghetti squash Sparkling water ippen lemon
Bolaide	Whole wheat bialwe Coffee ippen skim milk	Ubon bao Spinach im tomato salad Tea ippen lemon	Baked tortilla chips im salsa	Garden salad ippen bao c Baked potato Fruit Skim milk
Jedede	Scrambled egg substitute ippen veggies Coffee ippen skim milk	Turkey wrap ippen lettuce im tomato Tea ippe lemon	Low-fat chocolate pudding	Grilled turkey burger Whole wheat roll Salad Sparkling water ippen lemon
Jabot	Nonfat plain yogurt Strawberries Coffee ippen skim milk	Can in chunky vegetable soup Pita chips Tea ippen lemon	Ebol Beim kon men ko rekoba ippen droon, nut ko rejab salt	Chili jen freezer (Komani kadede) ippen beans, corn, salsa, low-fat cheddar cheese, im tomato Skim milk

# Wewein am wia mōñã ko re ãjmour



## snack im mōñã ko kijōm

Make kelet karok kiln mōñã jiboñ, snack, mōñã in raelep, im mōñã in jota ko. Komaron karōke nan jejo week, ak allōñ – ilo ejabdrewōt wewein ko ilo am etal im wia. Komaroñ kajerbal “karok in kilin an Jerry wia” ñan kalaplok am jela kilen wia kijōm mōñã.

	Mabun	Mona In Raelep	Mona In Kotanawa	Kejota
Mande				
Juje				
Wonje				
Taije				
Bolaide				
Jedede				
Jabot				

# Wāwein wia mōñã ko re ājmour



## Lajrak in men ko Jerry ej ten wia iki

### Vegetable ko ejelok makmōk

- Bag in green salad
- Romaine hearts
- Tamato
- Fresh red peppers
- Spinach
- Frozen broccoli
- Bell peppers
- Frozen mixed vegetables

### Grains im mona ko remakmok

- Oatmeal
- Black beans
- Garbanzo beans
- 100% whole wheat bread
- 100% cornmeal tortillas

### Mōñã ko eloñ aer protein

- Ijo ko elap kaniekin bao ie
- eek
- Beans
- lep
- lep ko rej oktan
- takke emoj mwjiti
- kaniek in pork
- beef kan ejelok kuriij

### Other Items

- Salsa
- Garlic
- Hummus
- Mixed unsalted nuts

### Dairy

- Low-fat cheddar cheese
- Skim milk
- Plain nonfat yogurt

### Fruits

- Oranges
- Apples
- berries ko rekoj
- blueberries ko rekoj
- Lemons

### Drinks

- Tea ko rejab tonal
- Sparkling water
- Coffee

# Wäwein wia mona ko rājmour



Elikin am nej karōk mōñā im snack ko ñan juon wiik, Etale jikin mōñā eo am im lale ta ko rebed. im jino kōmane lajrak ta ko koj aikuj wia iki. Komaroñ kajerbal “lajrak eo an Jerry”.

## Vegetable ko ejelok makmok

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Grains im mōñā makmok ko

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Protein ko

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Mōñā ko jet

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## mōñā in dairy ko

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fruit ko

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dren ko

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Tip ko ñan kaikujukuj mōñã ko rājmour

**komaroñ wiaiki mōñã ko re ājmour ilo am jab kajerbal jãñ ako bok ien elap. kajeoñi:**

## **Mokta jen wia**

- Lale otlok ko ilo mōn wia ko. jab meloklok dollar store, mōn wia uno ko, ako corner store ko. Lali news ko im bukote mōn wia mōñã ko rej kwalok otlok ko ie im wonen mōñã ko. Fruit im vegetable im jikin wia ko an market farm ko.
- Ne eloñ mōn wia ko emon ibam im rej discount, ebok am coupon ne koj kejerbal SNAP ak WIC lale jikin wia mōñã ko an market farm ñe rej melim am kajerballi ie.
- Bōki coupon ko eloñ mōñã ko re ājmour im komaron kajeoñi einwōt mōñã in ājmour, lali mōñã ko remmōn ñan ājmour ion lain, im ilo mail eo am, im news in pepa ko.
- Kabok am iiek ion lain, ilo book in iiek ko, ilo magazine ko.
- Karōk lajrak in ien mōñã ko. Lōmnak kon outlook ko an mōn wia ko, kabok coupon nan mona ko re ājmour, iiek in mona ko kokōnan kajeoñi. Bar lōmnak kōn ien ko koj kōmāt im mōñã ewi aetokin.
- Etale freezer eo am im pantry eo am lale ta ko eloñ ie.
- Kōman am lajrak in mōñã ko ako snack ko konej aikuj kañi ilo karok in plan eo am.
- Bōk snack ko re ājmour im rejab kōman bwe en ikutkut am kwole. Menin enej kōman bwe kon jelã ta ko koj kani..



# tip ko ñan kaikujukuj wia mōññã ko re ãjmour

**komaroñ wia iki mōññã ko re ãjmour ilo am jab kajerbal jãän ko ako bök ien elap. kajeoñi tip kein:**

**Ilo ien eo koj wia**

- Etale wōnen mōññã ko rein juon jen dron ak lale etan mōñ wia eo, mōñ wia ko edrik wōnen mōññã.
- etale kilin ak label in mōññã ko im rein juon jen dron im kelet mōññã ko re ãjmour ñe kojab jela kelet eo am.
- Lore wot lajrak eo am. jab etal ñan jikin mōññã ko elap juka ko ie, ako salt, mona ko rej process. kelet fruit, vegetable, grain, protein, im mōññã ko rekoj im kuwat ko koj aikuji wot.
- Bok carrot ko, apple ko, binana, pitato, cabbage, bean, rice, and oats. Ekkã an drik wonen men kein. Bök ilo lõmnak ne am ke jet ien men ko edrik wōneir kain ko an bean im aetok kitien kōmati.
- wia iki fruit im vegetable ko rej itok ilo ekajojo season. Ekkã an drik woneir im enno. ne koj kelet fruit im vegetable ko ilo kuwat, kajeoñ jab boki men ko eloñ juka im salt ibeir ñe ejab kwoli kōn dren.
- boki pack ko ekar nan juon bamle, brand ko ilo mōñ wia ko, wonen kein ekkã aer drik woneir.
- Mōññã ko koj kōmãti redrik woneir im re ãjmour. Ñe koj keboj mōññã, kōmman joñan am mōññã im koba iki waj mōññã ko re ãjmour, einwot vegetable ko rekãäl.
- Mōññã ko ekkã am kañi aolep ien, komaroñ afford i.

Recipes, Cookbooks and Recipe Videos, WIC Works Resource System (usda.gov) ([wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos](https://wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos))  
SNAP-Ed Recipes, SNAP-Ed (usda.gov) ([snaped.fns.usda.gov/nutrition-education/snap-ed-recipes](https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes))



# Tip ko ñan Kaikujkuj ilo am bukõt ãjmour

## Wãwein ko ñan am wia ilo am bukot ãjmour


# Tip ko ñan kōmāt mōñã ko re ãjmour



Kajeoñ tip kein. ñan am kōmāti mōñã ko konej monõnõ in kañi.

- Kōmāta men ko relap im remain emman aer kooj, einwõt sauce ko, im stu ko, likit ilo freezer ko relukun molo
- Kajidrikdrik im keboj i vegetable im fruit ko, likit ilo an freezer eo ako fridge eo
- Keboj mōñã ko kijõm kwar karõki ilo juon week (Lale “tip in kaikujkuj ñan mōñã ko re ãjmour”).
- Ñe koj jinoe keboj mōñã ko kijõm, Kobaiki waj mōñã re ãjmour iben men ko koj keboji. Einwot, ñe koj keboj pizza eo ñan bamle eo am,
- Kababaiki waj juon bool kilep in salad kõn vegetale, tomato, im vegetable ko jet .
- Joñi snack ko kajojo, einwot popcorn ko. likit ilo bag ako ziploc.
- Kajerbal kein kōmāt ko eraklak aer kōmāt.
- Kajerbal bwã in vegetale ko im jalele kōmman omellet kaki, kōmman pasta or rice reddish, stew, salad, im burrito. Menin komaroñ kejbarok jãän ko am.





# Tip ko ñan kōmāt mōñã ko re ãjmour

## Komaroñ kōmāti mōñã ko re ãjmour im komōnōnō in kañi.

- Kelet cheese ko elap nemeir ak edrik kurriij ko ie, einwōt parmesan im feta.
- Ukōt lok mōñã ko renno ibam ñan mōñã ko re ãjmour.
- Bōk quality ko remman.
- kelet mōññã eloñ nemair, eloñ bwin, im elon unokan (colors).
- Kōmāt green bean im broccoli , bwe ren kanurnur im emjman color in.
- Kere iki mōñã ko kōn men ko eloñ òn ie, men ko rebwil, men ko edrik aer kurriij, drenin lemon ko, vinegar, , yogurt rōt en edrik aer kurriij, im salsa.
- Kōmāt lāl komāt ilo oven vegetable iben jalele bwe ren kōmman an enno nemair..
- Katak iiek kãäl ko jen book ko, article, im videos. ak komaroñ bōk jikuul in kōmāt mōñã.
- jeore idea ko am ilo ikijen am kōmāt mōñã ñan bamle im ro mōttam.
- kajeoñ cuisine kãäl ko im iiek ko jet.

## Kōmāt im kadriklok kurriij

- Kōmāt in bake, roastr, stir fry kōn kurriij ko re ãjmour im emman joñan.
- kajerbal kurriij spray ko re ãjmour
- komati soup ko kon stock in soup im aebōj.
- Steam i veggie ko im eek ko ak microwave.
- Jolok kilen bao ko mokta jen am kōmāti
- Mwijiti kurriij ko ilo jalele ko mokta jen am kōmāti.

# Tip ko ñan Wãwein kōmāt ilo ãjmour



idea in kōmāti ãjmour ko jet


# Monakjen 21

## Kõmman ien kamakutkut ak Fitness





**Emaroñ bin am karök ien ñan diktata 150 minit in emakũtkũt ilo juõn wiik.**

### **Rainin jenaj kõnan kõn:**

- Ta emman ko ilo am lap am emakũtkũt
- Eben am karök ien ñan fitness
- Ewi wãwein kabok ien ñan fitness

### **Konaj bareinwõt kõmmene juõn ELmakot in jermal kããl!**



#### **Tip ko:**

- ✓ Kakonkon e schedule eo am. Kõmõkajlok 30 minit in am ruj in jipoñ bwe kwon maroñ etetal. Ak kõmõkajlok 30 minit in am kejota bwe kwon maroñ etetal elikin am kejota
- ✓ Kajitok jipañ jen ro mõttam bwe ren jipañ eok kõn jrebal ko mweo bwe en laplok am ien emakũtkũt (exercise).
- ✓ Ne eloñ utamwe mweo, boktok ro mottam bwe ren maroñ jipañ eok
- ✓ Etetal ilo ien am kakije jen jermal (exercise) ilo ien mõñã in raelep eo am
- ✓ Kõman an bamle eo ien iben dron (exercise)

# Bwebwenato eo an Mark kein kajuon 1



Mark ear bed ilo kauatata ilo type 2 diabetes. Taktõ eo an ear ba lok ñan e bwe en emakũtkũt driktata 150 minit ilo aolep kajojo ran (exercise), ilo an bõk ñan joñan ako laplok. Ak Mark, ej juon eo elap an boub.

Ilo kajojo ran ilo juon wiik, Mark ej lale ajiri ro jibun ilo an jinen im jemen ajiri ro etal im jermal. ilo jemlok in wiik eo ak weekend, ej jermal ilo library eo. Ilo jota, emon iben kakije im aloj tv.

Mark elukun bin an bukõt ien an kõtõbar karõk ko ñan ien emakũtkũt ko an (exercise).

# Bwebwenato eo an Mark kein karuo 2



Koba lok iben droulul eo im buköt mejlan. Ta ko jet emaroñ kōman ilo am maroñ tōbar ien ko an make ñan kamakŭtkŭt anbwini (exercise)?

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Kiō Mark emōj an jinoe an kōman oktak. Ran kein, ej kajeoñ in mokajlok an ruj in jiboñ ako mejinmour 30 minit bwe en maroñ etetal in jiboñ tata. Ilo ien an aloj tv ej etetal ak ej ekotak men ko redo. Bareinwot ikure soccer iben ajiri ro nejin. ej jet ian makutkut ko im remman ñan e. Koba in ke, elap an tok limo in.

Kio emōj an Mark jinoe tōbar kōtōbar ko an.



## Ien ekadru

Ta ko rej kōman abañ ilo am jinoe kōmmane 150 minit ilo ien eo koj kamakutkuti ãnbwinum ilo juon week?

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# Ewi wāwein am bukot ien ñan kamakutkut ānbwinum

**Emaroñ bin am loe ien ko ñan am tōbare kōtōbar ien fitness ko, kakalaiki kajojo tip kein im kajeoñi**

## **Aolep ien komaroñ kamakutkut anbwinum :**

- ❑ komaroñ kejenolok 150 minit ko ñan 10 minit ko .
- ❑ likit lo schedule eo am. likit ilo calenda eo, im kōman bwe en juōn men eo aurok ñan kwe.
- ❑ ukot lok schedule ko am. einwot, mōkajlok am ruj 30minit mōkaj bwe kon maroñ lon ien am etetal in jibon. Ne ejab mōññā in jota eo am en mokaj lok 30 minit bwe en loñ ien am etetal elikin am kejota.
- ❑ Kajerbal app ko ak track ko. Enaj jibañ yuk bwe kon niknik ilo ien am kamakutkut anbwinum.

## **Ñe koj wia:**

- ❑ Park ijoko retolok nan ijo koj etal ñan e .
- ❑ Kajerbal iep ko ilo mōn wia ko kotaki jab bwilbwil wa.

## **Ñe koj bed town:**

- ❑ To jen bus ko.
- ❑ Park ilo ijoko retolok jen ijo koj kokōnan etal ñane.
- ❑ Etal ilo jikin iuwe ko lok ejab elevator eo.
- ❑ Etetal ak kajerbal bajōkol ñan ijoko koj etal ñani.







# Wawein ko jet komaroñ loi ñan kamakitkit ãnbwinum

## Ñe koj alooj tv:

- Biit ak kamakutkut neem .
- Kotak men ko redo, ak kajerbal resistance bands ko.
- Etetal wot ilo ijo koj bed ie.
- baijõkol ko me kein exercise, ne ejab etetal kõn treadmill.

## Ñe koj kõmani Jerbal ko am:

- Kejo al ko im biit ak eeb
- bul emakitkit im mokaj am emakitkit:
- Jikin ekat ko , rake elikin am kajerbal lawn mower ko
- etetal ibben kidru eo nejum



# Wãwein ko jet komaroñ loi ñan kamakitkit ãnbwinum

## Juon jikin eo ejab safe :

- Bõk exercise ko remõkaj, kajerbal men ko ilo mweo nan exercise.
- Lale center ko an jukjuk in bed eo im rej kõman exercise ie.
- Kabok jikin ekotak ilo gym ko. im park, community ko jet,
- Kabok ion lain exercise ko ejelok wonen ñan kain ko rej kab jinoe.

# Tip ñan kōman ien kamakutkut ānbwinum



**Katōbar eo am ñan kamakutkut ānbwinum ej aikuj in 150 minit aetok in ilo juōn wiik, bōk ñan joñan maroñ ak en laplok.**

**Ewi wāwein am bukot ien ñan kōmmāne katōbar eo am?**

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## Manokjen 22

# KABWE AWA IN KIKI





# Lorlorjake

Ilo an lap ien am kiki enaj jibañ bobrae ak karumijlok am bök type 2 diabetese.

**Rainin jenaj konan kōn:**

- Etke aurok bwe jen kiki
- Jet buñten ko ñan am bök elap ien kakije

**Konaj bareinwõt kōman am buñten in makitkit!`4e`er**



**Tip ko:**

- ✓ Kaminene iki iuk lor ien kiki enaj jibañ yuk bwe en emōn am kakije.

# Etke aurōk kiki



Katak ko rej kwalok ke ñe ejab aetok am kiki, insulin ko ilo ebwinid ejab emōn aer jermal. Im anbwinum ejab maroñ kadriklok kurrij ko jen ānbwinum im kamelij eo ejela ke ejabwe am kiki bwe emetak bōram im ewor inebata.

American Academy of Sleep Medicine im Sleep Research Society rej kile ke dritto rej aikuj kiki iumin 7 awa ilo kajojo boñ.

## Joran ko rej walok jen am jabwe am kiki

elañe ejab uñ awa in am kiki iumin 7 awa, emaroñ:

- laplok jukka ilo anbwinum
- Kōman bwe am kwole ran en juōn im kōman bwe en obrak lojem im bar kwole tok elik.
- Kōman bwe kon mōñā mōñā ko rejab emōn—im juka ak carb ko ie.
- Kōmman bwe en bōjrak jolok eddo eo jen anbwinum.
- kalap am aepulot im kōmman bwe kon heart attack.
- Kōman bwe anbwinum en majno im makoj am bōk nanninmij ko.
- Kalaplok am inebata.

komaroñ katak men kein im etali ta emōn in kiki ilo CDC's website. [[www.cdc.gov/diabetes/library/features/diabetes-sleep.html](http://www.cdc.gov/diabetes/library/features/diabetes-sleep.html)]



# Bwebwenato eo an Jenny

Jenny ej bed ilo type 2 diabetes. Taktõ eo an ear kajitõk ibben ej kiki k iumin 7 awa aolep boñ.

Jenny ej etoñ. “koj mol in kenono ke?” ekajitok. “lukun nej jejet ñe inaj kiki iumin 5 awa.”

Jenny ejab bin an makõj an kiki, ak kõnke ej aikuj in kajerbal iem jidrik eo in lukon boñ. Im lap an lõmnak kõn ta ko enaj kõman ilo ran eo juõn. koba in ke, leo ibben elap an kawaroñroñ an kiki. men kein ruo rekõman bwe en bin an rol im bar kiki. im ej babu ako eruj kamelij en an iumin 1 awa.

**Ewi wawein am mour ñe ejab bwe am kiki?** \_\_\_\_\_

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**Ta wawein ko jet koj lomnaki bwe takto eo an en lelok nan jenny?**

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# Bwebwenato eo an Jenny kein karuo

Taktõ eo an Jenny ear kōmman jet wawein ko bwe en maroñ jibañ e kaetok lok an kiki. Ear kameleleiki taktõ eo an ear ba lok ke ñe elap ej aetok an kiki ejibañ bobrae eddo eo an.

Ran kein, Jenny ej kadriklok an draak aeboj mokta jen an kiki im kajeoñ jab draak dren ko rej karuji kamelij eo an. keboj an lajrak in jerbak ñan ran eo juon. Im kakone. Im kio edriklok an ruj im kajerbak iem jidrik eo in boñ ñe ej ruj , ebõk ien elap bwe en jiban e bwe en rol im kiki ijelokin an lomnak kon jerbak ko an ran en juon. Ej bareinwot kejo drel jerom eo an bwe en drik an roñ ainikien an leo ibben ñortak

Jenny kio emõj jinoe lak aetok lok jidrik an kiki .



# Ta ko komaroñ kōmani bwe en aetok ien am kiki

Emaroñ loñ abañko rekōman an jabwe awa in am kiki. Erkein abañ ko ekka aer walok im kōmaron ella jeni . Jeiki make karok ko am ilo lain kein ilāl einwõt, ial ko jet nan kakommanman lok am kiki” . kakolla iki juon ian box im kwar kajeon.

Aban ko	Kilen bwe en bwa awa in am kiki	Kilen ko jet nan am kiki aenemman
<b>Elap am kawaronron</b>	<input type="checkbox"/> Kajerbal men ko rej binej lojilñim.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kejoiki dreel jarom ko, kejoiki al in kakiki ko, Kajo radio ko bwe en drik am iuaroñ,kajerbal smartphone ko ak app ko remaron kejo al in kamejkiki ko im kejoiki ainikien woot ainikien mejatoto ko.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Kilök e kejem ako winto ko.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajitök ibben armijj ro ne remaroñ kadriklok aer kororo.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Elap an meram.</b>	<input type="checkbox"/> Kamaroñ kilök room eo am.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kōnak kein binej lok mejam (eye covering).	<input type="checkbox"/> _____
<b>Ejab koon am kiki.</b>	<input type="checkbox"/> Erloke anbwinum (stretch).	<input type="checkbox"/> _____
	<input type="checkbox"/> Ne emaroñ, Kajerbal bitoñ ko, kajerbal kilin bitoñko, im bet remman ibam im reckon am kiki kaki.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Komaroro.</b>	<input type="checkbox"/> Draak aibōj 2 awa mokta jen am kiki.	<input type="checkbox"/> _____
	<input type="checkbox"/> Ne koj drak ilo ien am kiki, Draak wõt jidrik.	<input type="checkbox"/> _____
<b>Elap ruj in jimarok im kajerbal iem jidrikdrik.</b>	<input type="checkbox"/> Kajeoñ jab idraak caffeine ko an drenin kadrek ko.	<input type="checkbox"/> _____
	<input type="checkbox"/> Kajeoñ böjrak am draak 2 awa jen am kiki .	<input type="checkbox"/> _____

# Wawein bwe kon ella jen aban ko ilo am kiki im kakije in bon

Aban ko

Kilen ko bwe kon kiki aenemman

Ial ko jet nan am  
kiki aenemman

**Enjake am  
emokmok im  
irujruj.**

**Ilo ran :**

- Jerkak ilo juon wot ien aolep ran. Menin enej jiban anbwinum bwe iminene nan ien ko.
- Jab draak caffeine ko ak ne koj kabatat, joloke.
- Kajeon in jab kiki in ran. Ne ejab kajeon kakadu iki.
- kalaplok am kamakitkit anbwinum.
- Kejbarok bwe kon jab inebata.
- Kajitok ippan jikin ebok uno eo ako jikin ajmour eo ne uno ko rej kemourour i yuk
- Kajerbal class ko remarok ilo am kajerbal computer ko ne ejab smartphone ko ilo jijet aetok.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Wawein am ellã jen abañ ko ilo am kiki im kakije in boñ

Abañ ko	wāwein am kiki anemman	Kilen ko jet ñan kiki aenemman
<b>Eñjake am emokmok im irujruj .</b>	<b>Jet awa mokta jen am kiki:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Kajeoñ jab kajerbal computer ko, cellphone ko, ak TV eo. Meram eo emaroñ kōmman bwe kamelij eo en lõmnak wõt ke eien an ruj .</li><li><input type="checkbox"/> Kajeoñ bōjrak am jermal, ak lukun lap am kamakitkit.</li><li><input type="checkbox"/> Kajeoñ lor iminene in ien kiki ko enej jibañ iuk kakije.</li></ul> <b>len kiki:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Juõn wõt ien am etal nan bitoñ eo am aolep ran. Enaj jibañ iuk kamineneniki anbwinum ilo aolep boñ</li><li><input type="checkbox"/> Jab boj e eok make ñe koj mejki, likit kein kawawa ko ijo kojab maron loe bwe kon jab inebata an awa drol.</li><li><input type="checkbox"/> ñe kojela abañ an makoj am kiki, jerkak jen jikin kiki eo am.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>

# Wawin am ella jen aban bwe kon kiki in kakije in bon

Abañ ko	Wāwein am kiki aenemman	Kilen ko jet bwe kon kiki aenemman
<b>Kokobaba ko am make</b>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Kokobaba ko am make</b>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Kokobaba ko am make</b>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



# Wāwein kamejkiki im kakije

Enaj emōn ñe konaj kōmman jet iminene ko im renaj jibañ am makajlok am mejki im kiki, 2 awa mokta jen am kiki. jet kein kilen bwe en mōkaj am mejki

- Bok kitiwōm.
- Kadriklok an tenki ko meram.
- Draak tea menen im milik menen.
- Massage e anbwinum.
- Roñjake al ko rekōman am mejki.
- Lajrak i ta konej kōmane ran eo ilju.
- Riiti book ko renaj kōman am mejki.
- Jijjet nambōj im kamejkiki.
- Erlōke anbwinum.
- Tutu kōn dren menen.
- Jeje am bwebwenato.

**Ta ko rej jibañ iuk kōman am mejki im kakije?**

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## Module 23

# Dābij Am Emakutkut elañe kwo pād etolok jen mweo



# Lorlorjake



**Emakutkut wõt ilo am ettolok jen mweo emaroñ jipan böbrae ak karumij lok am type 2 diabetese.**

## Rainin jenaj kenono kōn:

- Jet Kabañbañ in dabij am emakutkut wõt ilo am pad ettolok jen mweo imōm, im wawein ko nan namejelaer

## Kwonaj barewinwõt kōmmene juōn elmakot in jermal kää!



### Tip ko:

- ✓ Elañe koj juōn pajinjea, kamakutkut neem ilo am iwe ilo wa eo..
- ✓ Kwon emakutkut ilo wawein ko rejjab aikuij kein fitness ko (etetal, maaj ilo am jutak, tuuj, kōmman push-up ko ikkin mweo ilo am jutak, talleñe jikin iuwe ko, ak kajerbal juōn app in fitness).
- ✓ Alouj inebōj i melan ko ilo am emakutkut(etetal, bajkol , hike, ski, aoo ak anon).



# Bwebwenato eo an sherry



Sherry epãd ilo kauatata ñan type 2 diabetese. innem ej etetal ippen rimoko mwe mõn ilo aolep kajojo jiboñ. Ej bareinwot kajerbal bajikol eo mweo mõn mõjin an kejota, elakar tōbar wot kōtabar in makutkut eo an kōn driktata 150 minit kajojo wiik, ilo juõn joñan en emman ak laplok

Sherry im likao eo ippen rej lõmnake aer etal im lollõk jet mattaero ilo weekend in Memorial Day in, Ebõk jiljino awa in aerro naj kattõr lok ñan imõn jarko mõttaerro, melele in elap an naj aetok aero jijjet. Im elañe enaj tokeaklok ijo, Sherry eban maroñ etetal ippen armij ro turin mweo mõn ak bajikol imweo mõn. Ej inebata bwe emaroñ jab tōpar kōtōpar in fitness eo an ilo week eo.



# Bwebwenato eo an Sherry



**Ta eo ekōmman bwe en abañ am emakutkut wot ilo am ettolok jen mweo??**

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**Ewi wāwein am tōbrak kōtōbar ko ilo am emakutkut im pad etolok jen mweo?**

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# Sherry's Story Part 2



Sherry emōj an loe ialen buul emakutkut ilo ien an etōr aetok. E im leo ippen rej bōjrak aolep 30 minit jen aero ettōr im emakutkut 2 minit ilo ien aer kakije. Erro ej erloke anbwiniro im etetal im edrolol jikin bojrak ko aero.

Im Sherry ej ba ñan lio mōttan ke elap an emakitkit im kajeoñ bobrae an tobar type 2 diabetes. Emoj ear kur lok ir bwe ren koba ilo kōtōbar ko an.

Sherry im lio mōttan erro ej etetal kajojo ran. enderin an wawein am jela jikin ko.

Ej lōmnak im etal im anon lojet. Sherry ejein kar anon mokta lok, botab ar kajeoñ e. Im lukun iakwe anon!

Ejelok kio an Sherry inebata in tōbar kōtabar ko an. Elap an mōnōnō bwe emaroñ bed etolok jen mwemon ako ej bed wōt ilo an buul makutkut.

# Wāwein namejlan kabañbañ ko



Emaroñ ben emakutkut wõt ilo am ettolok je mweo. Jet kein menin kabañbañ ko ekkã aer walok im jet wāwen namejlaer. jet lõmnak ko am make ilo column ne ej ba. “Wāwein ko jet ñan namejlan” Kakõllaiki lõmnak ko emõj am kajeoñi.

Kabanban ko	Wāwein namejlan ko	Wāwein am namejlan abañ ko jet
Elap aõ, boub in alouj melaj in kaloujuj ko.	<input type="checkbox"/> Emakutkut ilo am alouj melan ko (Etetal, bajikol, hike, aoo ak anon).	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Ij lollök ro mötta ak baamle eo.	<input type="checkbox"/> Ba ñan ir ke koj emakutkut im bobrae type 2 diabetes. <input type="checkbox"/> Bukot makutkut ko remaroñ kõmmani. ba ren koba waj ippam	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Ij tan itoitak ilo juõn ial eaitok melele in eaitok kitien aõ jijjet.	<input type="checkbox"/> Ñe koj juõn pajinjea. kamakutkut neem ilo am iwe ilo wa eo <input type="checkbox"/> luwe ilo train. konaj maroñ ito itak jidrik.. <input type="checkbox"/> Elañe kwoj etõr kõn wa, kõmman ien am kakkije 2 minit fitness aolep 30 minit.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

# wawein namejlan kabanban ko



kabanban ko	Wawein namejlan	Wawein namejlan ko jet
<b>ijaje melan itoitak, innem ijaje in etetal ia..</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Etetal bwe on maron jineet melan eo .</li><li><input type="checkbox"/> Wia iki map ko im tuur melan eo.</li><li><input type="checkbox"/> Kajitok ippen armij mela eo ia eo komaron etetalie lok.</li><li><input type="checkbox"/> Kabok map ko im ial in ito-itak ko ilo computer eo am.</li><li><input type="checkbox"/> bok map app ko ilo smartphone ko</li><li><input type="checkbox"/> Etetal ilo an mall eo.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Ijab maron kajerbal jikin fitness eo ao ao kein fitness ko ao.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Lale ne elon fitness center ilo jukjuk in bed komarn kajerbale.</li><li><input type="checkbox"/> Bed ilo hotel ko elon fitness center ie im jikin aoo.</li><li><input type="checkbox"/> bok juon resistance band ibbam.</li><li><input type="checkbox"/> Rent e bajikol ko.</li><li><input type="checkbox"/> kwon makutkut ilo wawein ko rejjab kein fitness ko (etetal, maaj, tuuj, push up dribin mweo, Etetal jikiniuwe ko ak kajerbal app in fitness ko).</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>

# Wãwein namejlan kabañbañ ko



## Kabañbañ ko

Ejelok mōtta in emakutkut.

## Wawein namejlan kabañbañ ko

- Kajitōk ippam juōn bwe en emakutkut ippam.
- kalaplōk wōt am emakutkut ippam make.
- kobalok ilo emakitkit ko ion lain.
- kur waj buddy eo am elap an jutak likum ilo kōtōbar ko am.

## namejlan kabañbañ ko jet

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Abañ ko am make

## Wãwein am namejlan abañ ko am make

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Module 24

# Eloñlok melele kōn T2



# Lorlorjake



**Elap am kar jerbak bwe kwon bobrae ak ak rumijlok type 2 toñal ilo am kaidrikdrik im lap am makutkut.**

## Ilo session in jenaj kenono kōn:

- Basic ko an type 2 diabetes
- Elemen am jela ke ewōr ke am type 2 diabetes
- Elemen am bōk edooin type 2 diabetes



**kwonaj bareinwōt kōmmāne juōn elmakot in jerbak ekaal!**



### Tip ko:

- ✓ Track e mōñā ko kijōm im emakitkit ko am enaj jibañ bobrae type 2 diabetes
- ✓ Kakutkut lok am lo lok taktō eo am im etale ñe eloñ am diabetes



# basic ko ilo type 2 diabetes

Ñe koj mōñã, anbwinum ej kajidrikdik mōñã ko im kōman bwe ren oktak ñan juon type in juka.

Insulin ko anbwinum rej jibañ juka ko etal jen bōtōktōk ko im rej dreloñ ilo cell ko. Kōmman bwe en emourour cell ko ilo anbwinum.

Armij ro eloñ aer type 2 diabetes, insulin eo anbwinum ejab rej jab kajur ñan aer kejidrikdik mona im kejebel juka ko jen botōktōk ko im kōmman aer loñlok ijelokin aer etal ñan cell ko im kōman bwe cell ko anbwinum ren mojno lok.







# Basic ko ikijen type 2 Diabetes

Armij eo eloñ an type 2 diabetes, Insulin ko ilo anbwinnun ejab kōman oktak ako ejjab emman an jerbal. Kiō ekōmman bwe juka ko ren bōjrak ilo bōtōktōk ijelokin an etal nan cell ko. Melele in ke cell ko ejelok aer kajur. Aolep ien, melele in ñe elap lok juka ilo bōtōktōk eo am ekōmman am aepulot.

## Type 2 diabetes remaroñ kajoran eok:

- Menono eo am im ial in bōtōktōk ko, im remaroñ kōman bwe kon heartattack im stroke
- nerve ko
- Kidney ko, remaroñ joran
- Mej ko, remaroñ kōmman am bilo
- Ne ko, Remaroñ mwijmwij im jolok
- Joran ñiim
- Joran kilim

## Komaroñ bed ilo naññinmij in type 2 diabetes:

- Elap ke joñan eddo eo am (overweight or obese)
- Elap am jijjet im babu lok
- Barañ ako elon type 2 diabetes ippen bamle eo am
- kwe African American, Hispanic, Native American, or Asian American
- Ebed ilo yio kane 45 loñlok. Kōn ke emaroñ kōn am drittlok im edriklok am emakutkut im kōmman bwe en laplok am eddo.
- EJ bar bed ippan dri borouro ro (gestational diabetes)



# Bwebwenato an Mike im Henry



Mike ebed ilo kauatata in type 2 diabetes. Ej kajeon in bobrae ilo ako kajeon in bed wot ilo an ajmour.

Jemen Mike, Henry, emoj an pad ilo type 2 diabetes. Kotobar eo an bwe en likit juka ko ej kani nan jonan eo emon .

Mike im Henry juon wot kain aer ro kotabar ilo aer ro mona mona ko rajmour im fitness. Erro ej jimor kajeon. bwe ren bed wot ilo are ro ajmour im erro ej track e mona ko kijeiro im makutkut ko aer ro.

ainjuon jen mike, botab, Henry ej make jeke juka ilo botoktok eo an kajojo ran. im ej lale wot result ko an. Henry ej borainwot idaak uno bwe en control e juka ilo botktokoin.

Mike im Henry jimor rej kejarok ajmour eo aerro. Ak emakijjijlok an Henry lolok rilale ajmour eo an. Ebar lonlok an teej in lab ko. Kobalok ippen an jeke juka ilo botoktok in, ej aikuj bok blood pressure eo an, cholesterol, kidney ko, mejen, im jeke neen aolep ien.

Emeralok Mike. Im jonan juka ilo botoktokin eo eliktata eman. rilale ajmour eo an ej ba ejimwe ial in an lok nan bobrae ak karumijlok type 2 diabetes.

Eliktata in jonan juka eo ilo botoktokin Henry ebar eman. rilale ajmour eo an ej ba bwe eman an kejaroke jonan juka ilo botktokin ilo juon aitokan eo ajmour.

# Mour kōn T2 Tōñāl



Elemen an naj oktak mour eo am elane ewor am type 2 diabetes?

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Ta eo konaj komane nan bobrae ?

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# Mour kōn T2 tōñāl



Elon ke kojela elon an type 2 diabetes? Ne elon kajitok ippan armij en wawein an ukote an ajmour im ta ko ej kommane bwe bed wot ilo jonan eo wot. Jeiki ta ko nej loi ilo lain kein ilal.

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Komaron bar jeare jale ke am im konan kake ippan participant ilo private social media ko ad.

## Mōnokjen 25

# Eloñ lok melele kōn Carbs





**Melele kōn carbohydrates (carbs) emaroñ jipañ eok bōbrae ak karmujlok type 2 diabetes.**

### **Rainin jenej kenono kōn:**

- Men eo ikōtan carbs im type 2 diabetes
- Types in carb ko
- Wāwen eo ejmour ilo carb ko

### **Kwonaj kōmane juōn elmakot kāā!**



#### **Tips:**

- ✓ Kadiklok am bōk mōñā ko elap carb ko ie
- ✓ Ijelokin am kelet apple pie, kajjioñ stewed apple kare cinnamon.





# Carb im Type 2 Diabetes



## Ewor ke am jelā?

- Carbs ej lewōj elap kajoor. They come from a variety of foods.
- Carb ko rej einjuon jen droon. Oktak ko ej ilo fiber im nutrient ko.

Kadiklok am **bōk process carbohydrates**. Processing carb rej erom juka im mokaj aer bed ilo enbwin. Sweet potato eo emoj komate, eoktak jen mash potato eo ej kere ippen marshmallo ak sweet potato chip.

	
An apple contains carbs, but it also contains vitamins, minerals, and fiber.	Jellybeans are another source of carbs, but contain no vitamins, minerals, or fiber. They contain a lot of added sugar.

Less Processed



More Processed



# Men Ko Ewōr Carbs ie



## Types in Carb

Errein ej 3 ian main type in carb ko:

1. Kōmakmōk
2. Juka
3. Fiber

### 1. Mōñā ko rekōmakmōk:

- Veggie ko rekōmakmōk
- Beans, peas, lentil
- Grain



### Veggie Ko rekomakmok:

- Corn
- Green peas
- Parsnips
- Plantains
- Potatoes
- Winter squash
- Yams



### Beans, peas, and lentils include:

- Black, pinto, kidney beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Red, brown, black lentils
- Split peas



# Men Ko Ewōr Carb ie



## Grain koba:

- Whole grains
- Refined grains

## *Whole grain foods include:*

- Barley
- Bread im baked goods komat ippen 100% whole wheat flour
- Brown im wild rice
- Oats im oatmeal
- 100% whole grain cereal
- Pasta kere ippen 100% wheat flour
- Popcorn
- Tortillas komat ippen 100% whole wheat flour ak 100% cornmeal

## *Refined grain foods include:*

- Bread im iik ko jet renno kere ippen white flour
- Pasta kere ippen white flour
- White rice

## **Kelet whole grains**

Whole grains elap fiber, vitamins, minerals, and starch

Refined grains elap komakmok ie.

# Men Ko Ewōr Carbs ie



## Ewor Juka ie:

- Fruit juka (fructose)
- Milk juka (lactose)
- White, brown, and powdered sugar
- Corn syrup
- Maple syrup
- Honey
- Molasses

## Mōñā ko elap fiber ie ekoba:

- Bean, pea, im lentil
- Veggie im fruit —elap tata nan mona ko ewor kul ie ak ine ko
- Nut, einwot peanut, walnut, im almond
- Whole grain food

## Limit am bok net ko

Elap calorie ko ie.

## Kadiklok Juka

Ibwiljin 3 type in carb, juka ej men eo elap an koman bwe en likun keleñlok tōñal eo ilo botoktokum.

## Bok elap fiber

Fiber ej kaju nan enbwin ilo an jab liklik einwot mona ko rej liklik. Ekkoman bwe kwon mat ilo an ejelok calorie. Emaron kadiklok juka ilo botoktokum im bareinwot cholesterol.

Bok 25 ñan 30 gram in fiber kajojo ran. Lale Nutrition Facts label eo bwe kwon jela jonan fiberim men ko jet.

Elon iaad edik fiber ipped. Elane kwokonan bwe en laplok am bok fiber, boke ilo am jidik kake, ienotemjej. Idak elap aiboj. Enaj jipañ ñe ej joran lojem.

Aorok bwe kwon bok fiber jen mōñā ko, ijelokin am bok jen uno ko. Konke mōñā ebol nutrient ko jen fiber, einwot vitamin im mineral.



**Add juka:** Elap kojerbal juka ilo ien komman mōñā. Aorok bwe jen bok nan joñan mōñā ko elap juka ie.

## **Mōñā ko elap juka ko ie ekoba:**

- Cake
- Lole
- Kukijj
- Juka-sweetened beverages einwot kola, flavored coffee im smoothies
- Ice cream

# Carb ko rājmour



Type in carb ko jej buki rejelet jonan juka eo ilo botoktok—balance ej key eo!

## Kelet Carbohydrate

Nutrient-dense mōñā, ej bar einwot referred ñan mōñā ko ewor vitamins, minerals, and fiber; edik ak ejelok juka; im ejab bin jolok jen mona ko. Nutrient-dense mona ko rejiban bwe kwon bok elap on im kajor ko nan enbwinum.

Ta jet ian nutrient-dense carbohydrate mōñā ko komaroñ lomnak kaki?

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# Kelet carb ko rājmour



## Kommane Pilej eo am

- Kojerbal pilej method im kanne jimetan pilej eo kon veggio im rejet in kon carb ko im rejet in kon jelele.
- Komaen juon bunton! Kotobar eo bwe en 1 carbohydrate-rich ilo juon ien mona. Wanjonak, elane mona eo ekoba potatoe, jolok bilawe ak emaron jidik wot.

## Kelet ilo meletlet

Elane ewor carb, kelet mona ko me:

- Edik calorie, kuriij, im juka ie
- fiber ko
- Elap vitamin im mineral ie
- Kadiklok mona ko dedelok ak eman ne kojab buki

## Kajjioni elmakot kein:

Ijelokin am...	Kajjion
12 oz. in kola	Aiboj ippen slice in fruit ak club soda
Bag jidikdik in chip eo	Bag jidikdik in baby carrot
Juice	Whole fruit
White potatoe	Sweet potato

# Kelet carb ko rājmour



Ijeleokin...	Kajion...
Bilawe koba ippen refine bilawe	Bread koman kon 100% whole wheat flour
Rice Mouj	Brown rice
Cereal ko kereki im grain	Cereal kere konh whole grains or oatmeal
Full-fat yogurt koman kon juka	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate ko	Hot chocolate made with non-fat milk cocoa powder, and a touch of sugar
Likit Am Make	Likit Am Make
Likit Am Make	Likit Am Make
Likit Am Make	Likit Am Make

# Kelet carb ko rājmour



## Wanjonak Ko Nan Ejmour

### Mabun



Bowl in whole grain oatmeal  
kere blueberries im almonds

Whole grain toast ippen  
peanut butter, bananas, im  
strawberries ko rekaal

### Mona in Raelep



Whole grain pasta ippen  
broccoli

Whole grain tortillas ippen  
banke, garlic, imblack beans

# Kelet carb ko rājmour



## Wanjonak in Healthy Carb

Kejota



Whole-wheat basta ippen im grilled ubon bao



Komat ek ippen Brown rice and seasonal fruit  
im vegetables



# Bwebwenato eo an Desmond Part 1



Desmond ebed ilo kautata in type 2 diabetes. Takto eo an ej jiron e ke emaron jab kaju jolok carb ko ak ej aikuj in lukkan lale carb ko ej buki ren nan ajmour. Takto eo an ej rejan e bwe en jeiki aolep mona ko ej buki ilo jet week.

Desmond ej komane list eo an bwe en kwalok nan Takto eo an:

## *Mona in jippon*

- juka in coffee
- Sweetened boxed cereal
- Orange juice
- Jam toast
- Pastry ilo local coffee shop ko
- Pancakes ippen syrup

## *Mona in realep*

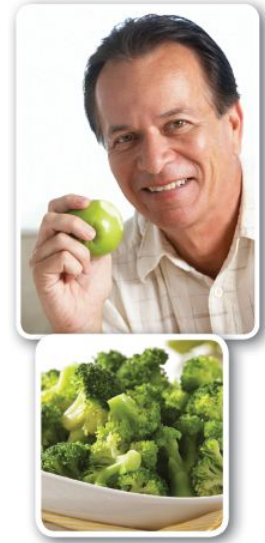
- Stir fry with white rice
- Idak kola, sweet tea, and lemonade
- White bread nan sandwiches
- Burritos ippen white rice

## *Kejota:*

- French frie im tater tots
- Pasta
- Beer ak wine
- Cake

## *Snacks:*

- Candy
- Corn chips, potato chips, crackers, im pretzels



# Bwebwenato eo an Desmond



**Komlele:** Bedbed ion mona ko Desmond ej kani, ta choice in carb ko Desmond en kar keleti? Im ta ko ej aikij limit? Kojerbal chart in itulal nan record e lomnak ko am.

Instead of...	Try...

# Bwebwenato eo an Desmond Part 2



Takot eo an Desmond ej jipan e kon jidik oktak ko emaron komani nan keleti carb ko re ajmour.

- Kadiklok tonal im mona ko rededelok, ej kajion bwe en tobar kottopar eo an.
- Kio ej kelet carbohydrate ko rekkar nan ajmour, im ej likun lale bwe ren balances ipen protein im vegetable
- Ej kojerbal food labels nan loe healthy item ko bwe en tobar kottopar eo an.
- Elap an emakutkut. Ilo result eo an, Desmond e luuji 5 baun, ej enjake ke elap kajoor, bareinwot.

Kon tobrak kein, juka eo ilo botoktokin ediklok.





# Carb ko

**Jeiki jet iaan carb ko renno ippam. Record ewi ikutkut in am mona im ewi jonan am mona ilo juon ien. Innem kelet ñe kwoj konan koman oktak ko.**

My favorite carbs	How often do I eat this?	How much do I eat?	Do I need a healthy change idea?	Healthy change I will make
Bread	Every day, every meal	6 slices	Yes	I will have oatmeal instead of toast for breakfast
Cookies	Not very often	Too much	Yes	I won't keep cookies in the house. When I have them, I will stick to one serving
Rice	Every meal	½ cup	No	Rice is a staple in our home and culture, so we have chosen to limit serving sizes for rice and swap out other carbs with healthier options
Sugar in my coffee	Two cups of coffee a day	I don't know	Yes	I will measure and reduce my sugar and aim for one teaspoon per cup



# Carb Ko

Carbs Ko renno ippa	Ewi Emakijij in ao Mona men in?	Ewi Dretan ao Boke?	Ij aikuj ke jet wewein ko nan ukoti lok nan Ajmlour?	Inaj koman Oktak ko nan Ajmour



# Create a Vision Board Poster

**Directions:** Ejake juon lomnak kon board poster ñan kwe make koba pija im naan ko rej kalikar aetokan joñan kottopar eo am kon purokraam in Bokrae T2.





# Komane juon Board Poster

## Tip ko bwe kwon komane board eo am

Errein ej jet ian tip ko:

- Reimanlok nan ilju im jeklaj. Kommane kottopar eo am ilo 1 year ak ta eo koj konan bwe en walok.
- Kommane board poster, cork board, ak cardstock paper.
- Kommane poster board ilo computer kojerbal pija ak fun fonts.
- Etale magazines im bok jet pija/naan ko renaj komleleik kottopar eo am.
- Likit pija eo am/naan ko im kojerbal clue stick.
- Kojerbal jiña jiki naan ko rej komleleik kottopar eo am ilo juon pepa.

## Idea ko ren bed ilo board eo

- Pija/naan ko ren kwalok kottopar eo nan eddo eo am. Kajitkin eok make: Ewi wawen mour in enaj kojkan lale im enjake elane inaj tobar kottopar eo ao?
- Likit pija ko rejnaj kokajor eok bwe kwon kateok bwe kwon tobar kottopar eo am:
  - Pijaik ajri ro nejim, baamle, ro mottam
  - Inspirational quotes
- Kojerbal pija/naan nan kemleleik enjake eo am ilo kottopar in am nan ilju im jeklaj.
- Kojerbal pija in mōñā ko.
- Kojerbal pija/naan ko renaj kwalok ke kwoj lorri wot kottopar in am nan ien ko tokelik.
- Kojerbal pija/naan ko rej kokajor eok bwe kwon bed wot ilo am emakutkut.

## Mōnakjen 26

# Bōbrae T2-Ñan Jemlokin Mour!







**Dābij buñten ko rekājmourur enaj jipañ bōbrae am bōk nañinmij in type 2 diabetes ilo juon ien eaitok.**

### **Rainin Jenej Kenono kōn:**

- Ia eo emoj am tōbare jen ke kwar jino purokraam in
- Wāwein am dābij im wonmanlok wōt kōn buñten ko rekājimourur elañe enaj jemlok purokraam in
- Kōttōpar eo am ñan allōñ kane 6 rej bedotok

### **Kwonaj kommane juon elmakot kāāl!**



#### **Tips:**

- Juon eo enaj likun jipan eok ilo kottopar ko am
- Bikot bunton ko rekamnono bwe kwon bed wot ilo am loor wawein eo eman nan ajmour
- Bikot bunton ko rekamnono bwe kwon bed wot ilo am mona mona in ajmour
- Wonmanlok wot ilo am loor wawein mona-emakutkut ko
- Kwalok ta eo kwar ekkatak ilo am bed ilo purokraam in bobrae T2 Dabetes





# Bwebwenato eo an Rashad

Rashaad ebed ilo kauatata in type 2 diabetes. Kio ej bed ilo purokraam in Bobrae T2 . Purokraam in maroñ jipañe bok jet wawen ko ñan bukot ājmour. Rashaad emoj an jino mōñā men ko elab ōn ie im ej etetal aolep ran. Ej bukot bwe en etetal kon joñan in 150 minit iloan juon wiik, kon joñan en eman im jab lablok.

Rashaad ear maroñ tōprak kon an likun kate. Juon iio tokelik emoj an topar eddo eo ear kotopare. Im ej enjake an emanlok an mour jen iio ko moktalok.

Ke ej bojrak purokraam in, Rashaad ej loe bwe ebar rol an wāwen mōñā ko an mokta. Ej bar jino an jab kommani ien etetal ko an. Kon menin, ekoman bwe en bar eddo lok baun eo an.

Rashaad ej kile ke ej aikuj bukot jet wawen ko ñan jipañ e. Kon menin ej kurtok juon eo ear ioone ilo purokraam eo bwe en etetal ippen. Ear bareinwot likit etan ilo kilaaj in komat mōñā in ājmour ko,

Rashaad ejela ke ej aikuj pad wot ilo an itoklimo. Im ej kommani jet kottopar ko nan eddo eo an. Ej peek ippen make bwe en kajjioñ in kōmati iio ko rekāāl ilo kajojo wiik. Erro ri etetal eo mutton erro ej etetal ilo jet ial ko rekāāl

Ran kein, Rashaad ej mona mona ko rekkar im jejjot im elap an emakutkut Eddo eo an ebed ilo joñan eo emman. Ejako an bed ilo kauatata in type 2 diabetes.

**Ewi wawen am naj maron bok jipan im dabij wot itoklimo eo ippam elane enaj jemlok purokraam in?**

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# Kōttōpar ko am iloan 6 alloñ



## Kōttōpar in emakutkut ko am

Iloan 6 alloñ kane rej bedtok, inaj kōmmane 150 minit in emakutkut ilo kajojo wiik kon joñan en emman.

Eddo eo \_\_\_\_\_ baun. (Rainin ej: \_\_\_\_\_)

### Ilo alloñ kane 6 rej bedo tok:

- Luuj baun                      Inaj tobar \_\_\_\_\_ baun
- Debdeb wot ilo                Inaj bed wot ilo \_\_\_\_\_ baun

Eñin ej kottopar eo ao elikin an naaj jemlok purokraam in Bobrae T2 :

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# Become a Program Champion



Kwomaron erom juon rikenono kon purokraam in PreventT2. Jikin bok jipañ kein rebed ijin ilal nan jipan eok bwe kwon Program Champion.

**Menu of Activities for Program Promotion and Outreach**—lajrak in Program Champions emaroñ kereraklok im kwonmanlok wawen mour ko aer jen ijo ebidodo nan men ko rekaibokbok.

[[www.cdc.gov/diabetes/prevention/pdf/champion-promotion-508.pdf](http://www.cdc.gov/diabetes/prevention/pdf/champion-promotion-508.pdf)]

**Talking Points**—jipañ Program Champions im kwalok bwebwenato ko, komelelik an purokraam in ukot eloñ mour an armij, im uak kajitok ko.

[[www.cdc.gov/diabetes/prevention/pdf/champion-talking-points-508.pdf](http://www.cdc.gov/diabetes/prevention/pdf/champion-talking-points-508.pdf)]

**Communication Tips for Outreach Activities**—Program Champions kwalok ekojkan kenono nan participant ro, koman bwe ren itoklimo in roñjak kon purokraam in.

[[www.cdc.gov/diabetes/prevention/pdf/champion-outreach-tips-508.pdf](http://www.cdc.gov/diabetes/prevention/pdf/champion-outreach-tips-508.pdf)]

**Handling Tricky Conversations: Tips for Program Champions**—Kwalok kilen uaak kajitok ko me rejelet mour, jebali men ko reppen, kajitok ko rejelet bar jet, im ekojkan bwe ren bedbed wot ilo unin kenono eo.

[[www.cdc.gov/diabetes/prevention/pdf/champion-conversations-508.pdf](http://www.cdc.gov/diabetes/prevention/pdf/champion-conversations-508.pdf)]

# Kōttōpar ko am ilo 6 allōñ kane rej bedotok



## Mour kōn ta ko emoj am ekatak

Emoj am ekatak eloñ kain wawen ko ilo purokraam in. Kojerbal wot kabeel kein alloñ im iio kane rej bedotok

**Joñe detan mōñā ko kijom, emakutkut ko, im eddo eo.** Etale im lale ak joñe enaj kwalok nan eok elane kwoj tobar kottopar eo am. Ekoba, ejibañ eok kwalok ia ko kobed ie, im ia eo kwon kokmanmanlok.

**Get back on track.** Ej emman wot ne kwoj off tract ilo am mōñā im emakutkut ilo kottopar eo am. Men eo elap an aorok ej bar rol im bar jino loor bunton ko im bobrae bwe kwon jab bar likjab ilo ien kane rej bedtok.

**Kokaal action plan eo am elane emenin aikuj.** Kwon lomnak kon ta eo kwomaron komane bwe kwon bed wot ilo am ajmour.



# Kottopar ko am ilo 6 allōñ rej bedotok



## Mour kon ta ko kwar ekatak

**Bok jipañ jen baamle, mottam, im ro jeram.** Remaroñ jipan eok bwe kwon bed wot ilo am loor kōttōpar ko am mōñā im emakutkut.

**Ella iion kabañbañ.** kwoj aikuj jelame kanban ko ilo am jipadek kotobar eo am- ien ko rebben, ien inebata ko, kabo ko, im ebar loñ. Kwon jelmae kanban ko ne komaron, im jerbale elane komaron . Kwon lole!

**Bed wot ilo am ajjimourur.** Komane juon kottopar eo ekaal. Celebrate i tobrak ko am. Kajjion e recipes ko rekaal im wawen emakutkut ko rekaal.



**Koj aikuj etale  
kineel  
kein?**

Bar etale melele kein  
kwar bōk jen  
purokuram in